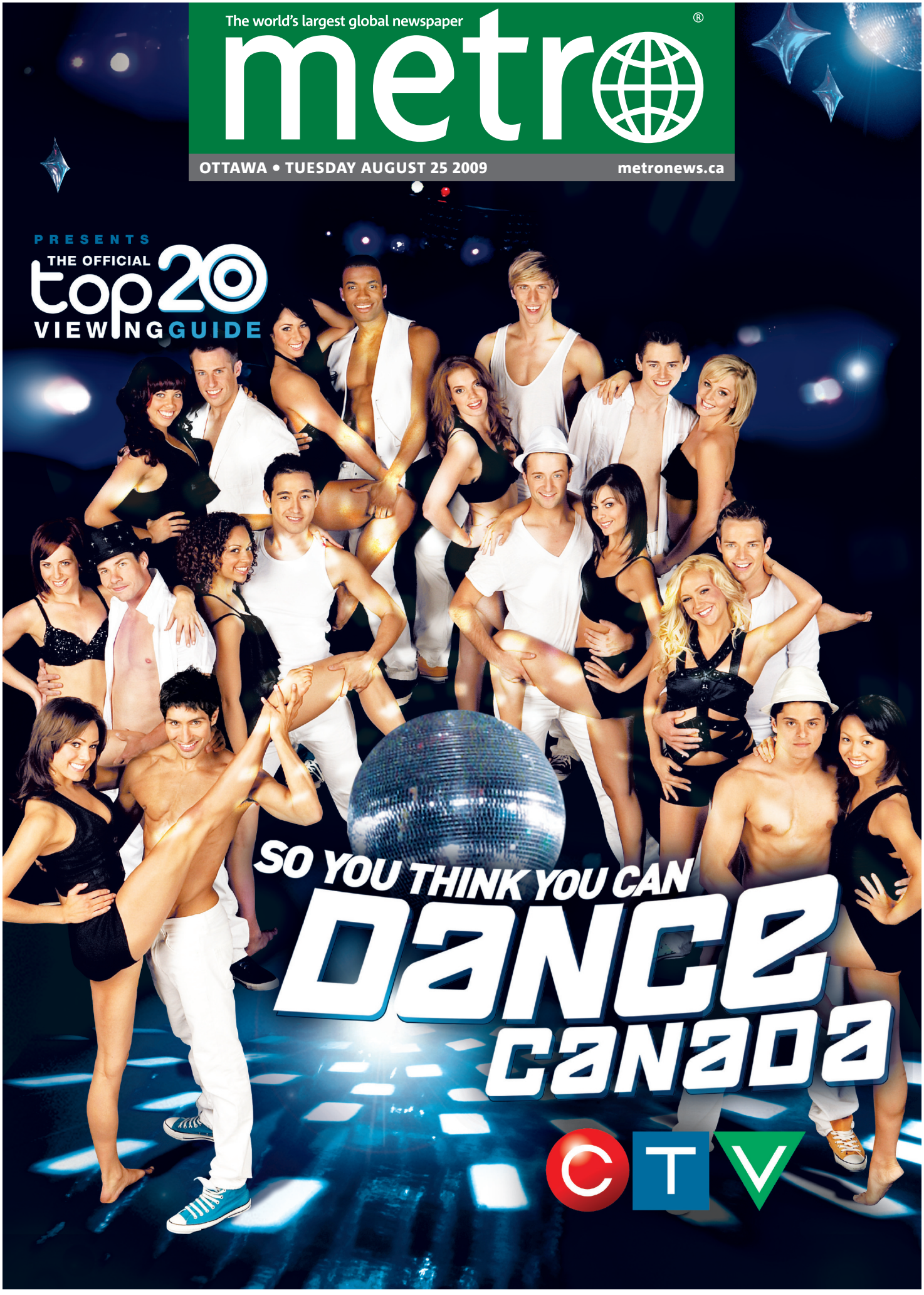
The world's largest global newspaper

metro®

OTTAWA • TUESDAY AUGUST 25 2009 metronews.ca

PRESENTS

THE OFFICIAL top20 VIEWING GUIDE



SO YOU THINK YOU CAN
DANCE
CANADA
TUESDAY 8
CTV

Teach English Abroad . . . and get paid to travel the world!
Last Summer TESOL Course: August 25th - 30th
Only 3 Spots Left!
Call NOW to reserve your spot! 562-8370
unitedtesol.com
United TESOL International College of Teacher Training
Jobs Offers Guaranteed
All Ages
No Degree required

The world's largest global newspaper
metro®
OTTAWA • TUESDAY, AUGUST 25, 2009
metronews.ca

Every minute of every day, someone needs blood.
Please call 1 888 2 DONATE ext.222
Canadian Blood Services
it's in you to give
BLOOD.CA WWW 1 888 2 DONATE

U.S. man charged after airport search

PORN A 63-year-old Utah man is facing charges after border agents at the Ottawa airport allegedly found evidence of child porn on his computer last week.

The Ottawa Police Internet Child Exploitation Unit was contacted and arrested the man last Thursday after a search of his laptop by Canadian Border Services Agents allegedly turned up evidence of child pornography.

John Karl Dean of St. George, Utah, is being held in custody awaiting his next court appearance on charges of possession of child pornography and importation of child pornography.

Police are still investigating the incident.

TIM WIECLAWSKI/ METRO OTTAWA

World pg 8

Autopsy points to drug dosage

Health pg 16

Keep those teeth bright

Health **Concern for hunger-strike activist**

TIM WIECLAWSKI/METRO OTTAWA

Akram Ataie, 45, is helped onto a gurney by Ottawa paramedics because of health concerns that have arisen after her 27-day hunger strike. A group of nine people have camped along MacKenzie Avenue across the U.S. Embassy demanding the American government step in to protect people in Camp Ashraf — an Iranian refugee camp near Baghdad in Iraq.

Lawyers boycott legal aid

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

In a bid to correct what they call years of chronic underfunding from the government, criminal defence lawyers in Ottawa have joined a growing provincial movement to boycott legal aid for murders, guns and gangs cases.

Ottawa's lawyers join about 1,000 others in the boycott movement, but Mark Ertel, president of the Defence Counsel Association of Ottawa said they are waiting for direction from the Criminal Lawyers Association of Ontario before actually declaring they would not be taking any new cases.

While the boycott is mainly over the compensation they receive from legal aid, Ertel says it's not a typical wage dispute.

Since legal aid work is voluntary, it's different than if a union was in a labour dispute with an employer.

"We don't have to do (legal aid) work," he said, "and what we've seen is that people who have a lot of experience are not doing that work."

Ertel said the underfunding has created an imbalance in the legal system that has a lot of legal aid work done by younger, less experienced lawyers.

"If the playing field is not level, and if the Crown attorneys are making twice as much money as the defence lawyers working on the same case, it's only a matter of time before wrongful convictions happen," he said.

According to Valerie Hopper, manager of issues and media relations for the Ministry of the Attorney General, the ministry has been working with Legal Aid Ontario to renew the system and would be working to ensure cases continue to be heard.

Police know identity of woman in Jenkins case

The woman believed to have helped reality TV contestant Ryan Jenkins get a motel room where the accused murderer killed himself is not considered a threat to public, police said yesterday.

Police know who the woman is and can contact her if needed, but said it was too early to say if she would be facing any charges for helping Jenkins hide in Canada after he fled the U.S. with police in pursuit.

"This is not someone that we feel is a risk to the public," Sgt. Duncan Pound, a spokesman for the Royal Canadian Mounted Police, told reporters in Hope, B.C., where Jenkins' body was discovered Sunday.

Jenkins was accused by U.S. authorities with killing his former wife, Jasmine Fiore, a bikini model whose mutilated body was found just over a week ago in a suitcase, stuffed into a trash bin in the town of Buena Park outside Los Angeles.

> **"This is not someone that we feel is a risk to the public."**
> Sgt. Duncan Pound

Jenkins apparently hanged himself in his motel room in Hope. His body was discovered Sunday by the motel manager.

Staff and guests at the Thunderbird motel said a woman, described as a young blond, drove Jenkins to the motel Thursday and paid for the room. She left shortly after the two checked in and was not seen again.

Jenkins father told the Calgary Sun his son died frightened and alone, unable to contact his family because the phones lines were tapped.

"He didn't get to talk to anybody," Dan Jenkins said in a story posted on the newspaper's website.

Fiore's mother, Lisa Lepore, told ABC television that Jenkins "took the easy way out" by killing himself.

REUTERS

LASIK MD VISION
LASER VISION CORRECTION
Starting at $490 TAX /eye*
Financing available
ARE YOUR GLASSES & CONTACTS WEIGHING YOU DOWN?
FREE Consultation: 1-877-769-3030 • www.lasikmd.com • OTTAWA: Chambers Building, 42 Elgin Street
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

The Upper Room Home Furnishings

New name/new collections, same great store, new lower prices.

CONDO SOFA
Reg: 1920^{00}
NOW 1499^{99}

HOLLYWOOD
5 PCE. DINING
Reg: 2676^{00}
NOW 1999^{99}

2670 Queensview Drive at Pinecrest Road • 613.721.5873
Monday to Friday 10 to 9 pm • Saturday 10 to 6 pm. • CLOSED SUNDAYS
www.upperroomhome.ca

Woman dies in two-vehicle collision

A 72-year-old woman is dead after a two-vehicle collision at the intersection of Rideau and Albion roads around 5 p.m. yesterday. The male driver of her vehicle, also in his 70s, sustained serious head injuries but is stable in hospital. The 45-year-old male driver of the other vehicle was treated for neck and back injuries. METRO OTTAWA

Local

Experts meet in noise-control forum

There is a lot of noise about noise coming out of the Westin Hotel this week, but it has nothing to do with construction of the nearby Ottawa Convention Centre. Rather, the Institute for Noise Control Engineers-USA and the Canadian Acoustical Association are holding their annual International Congress and Exposition on Noise Control Engineering. Attendees are taking part in a three day forum to discuss the design of low-noise products, building and environments. METRO OTTAWA

AWARDS
METRO INTERNATIONAL
NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Hunger striker taken to hospital

Iranian-Canadian went 27 days without food as part of Camp Ashraf protest

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

A group of nine Iranian Canadians from Ottawa and Toronto are going into the fourth week of a hunger strike along MacKenzie Avenue, across from the U.S. Embassy, outside Major's Hill Park.

Yesterday, a 45-year-old woman named Akram Ataie was taken away in an ambulance with health issues arising from 27 days without food.

The nine are part of a worldwide protest by Iranians in response to a July 28 raid by Iraqi troops on Camp Ashraf — a refugee camp near Baghdad that has been home to 3,500 Iranian dissidents since 1986.

Until last January, the camp had been under the protection of American troops in Iraq, but that area of the country was handed over to Iraqi forces earlier this year.

According to the Iran Democratic Association of Canada the raid resulted in 11 dead residents, over 450 wounded and 36 residents removed from the camp and handed over to the Iranian government.

The raid sparked massive hunger strikes inside the camp and in eight cities around the world including: London, England; Washington, D.C.; and here in Ottawa.

Reza Beyzaei, a teacher in Toronto, said their demonstration is targeted at getting the American government to fulfil an obligation to protect the people in the camp.

"We are determined to continue this sit-in until the Iraqi troops are out of Camp Ashraf and the U.S. takes over the protection of the camp until another international peace keeping group can monitor the safety of those people," said Beyzaei.

News in brief

FRAUD A 37-year-old Ottawa man has been charged with defrauding two seniors out of funds held in trust by an accountant. Kelvin Samuel Williams is facing numerous charges including two counts each of fraud over $5,000. Police believe there may be other victims. Anyone with info contact Det. Brenda-Jane Kerr of the Organized Fraud Section at 613-236-1222, ext. 5943.

CONROY PIT A 17-year-old city male appeared in court yesterday after officers arrested him in the Conroy Pit area, where witnesses reported seeing a male following women on Saturday. As a result of two incidents at Conroy Pit, police have charged the teen with a number of offences, including criminal harassment, wearing a disguise, mischief and weapon possession. METRO OTTAWA

'Baseball plus' seeks multi-purpose venue

Professional baseball can work in Ottawa, but it cannot happen in a vacuum, according to the man hoping to revitalize the city's baseball stadium.

David Butler, chief executive officer of Bytown Trolley Company, delivered his "Baseball plus" business proposal to the city yesterday.

"We envision having some events such as concerts, some theatre, some space dedicated to retail for companies related to baseball," he said.

Butler said he was hoping to work out a lease with the vacant baseball stadium for at least 10 years with an option for another 10 years afterward, in order to bring a Can-Am league baseball team back to Ottawa.

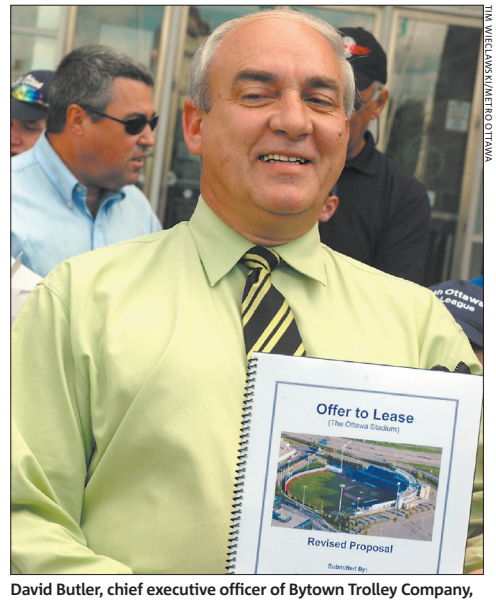
Butler's partner in the Ottawa Stadium Group, Duncan MacDonald, said it was a shame that a city that produces national champion players cannot watch them perform. To make it work, MacDonald said city council has to recognize that the stadium is part of the community fabric that can bring entertainment, festivals, amateur sport and even Winterlude activities.

"It's a two pronged approach," he said. "Baseball, with the right facilities and other things will make sense."

The OSG proposal is being championed at city hall by Orleans ward Coun. Bob Monette, who said it should not be difficult to attract the 2,500 to 3,000 necessary to make a Can-Am league franchise viable.

"Every time you have a professional team it creates energy. It creates excitement and it creates a sense of pride in your city," he said. "There is a lot of potential for this stadium."

TIM WIECLAWSKI/METRO OTTAWA



TIM WIECLAWSKI/METRO OTTAWA

David Butler, chief executive officer of Bytown Trolley Company, holds up the proposal to lease Ottawa's baseball stadium.

Capital Pride officially begins as flags raised

PrideWeek Ottawa

CEREMONY The rainbow flag was hoisted high over city hall yesterday as Mayor Larry O'Brien proclaimed Capital Pride 2009.

O'Brien, joined by councillors Alex Cullen and Diane Holmes, told the crowd, "We are proud to be part of this event."

Capital Pride chair Alan Chaffe said, "To have the rainbow flag fly at city hall is truly important as a symbol that this city will not look backwards in the ongoing struggle for equality."

Earlier in the day flags were also raised at the Ottawa Central Police Station and Ottawa Paramedic Service Headquarters.

STEVE COLLINS/FOR METRO OTTAWA

City's medical chief 'quarterback' on H1N1, says OC Transpo chair

Flu **Outbreak**

HEALTH The approaching flu season is expected to be complicated by influenza A (H1N1), also known as swine flu, and may have some OC Transpo drivers and passengers thinking twice about travelling in close quarters, but the city is not rolling out countermeasures just yet.

Transit Committee chair Alex Cullen said he has not heard any specific safety concerns from drivers, but noted that Ottawa's medical officer of health, Dr. Isra Levy, has been consulting with OC Transpo.

"Our quarterback on the H1N1 issue is the medical officer of health," Cullen said, noting that earlier this summer, he referred a proposal to install hand sanitizers on buses to Levy.

"At this point, there are no specific measures being suggested," Cullen said. "Obviously if we run into a serious outbreak then we will be looking at other measures to help reduce the exposure of people to H1NI."

STEVE COLLINS/FOR METRO OTTAWA

metronews.ca

What's online today.

Blogs Celebrity sniping among the items It's Called Football overheard at a charity soccer match

Your Money Allan Small on why fears of a market pullback are no reason to sell off your investments at metronews.ca/investing

Lotteries

Ontario Pick 3: 449; **Ontario Pick 4:** 8055
Encore: 6113601
Daily Keno: 1, 6, 13, 15, 19, 23, 25, 30, 31, 35, 45, 51, 52, 56, 58, 62, 63, 65, 66, 69.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Adult High School
(613) 239-2707
Take control of your future
Full Range of Academic Courses • English as a Second Language
Cooperative education and Apprenticeship • Hairstyling and Aesthetics
Hospitality and Tourism
300 Rochester St. • Online: www.adulths.ocdsb.ca

Forces need more staff: Military chief

The military needs to hire 8,000 regular forces and 6,000 reservists to support its duties and make up for retirements and other departures, according to Canada's chief of defence staff, CBC News Online reports. METRO NEWS SERVICES

Canada

Maple Leaf takes out ads

Maple Leaf Foods Inc. took out full-page ads in a number of Canadian newspapers to mark the one-year anniversary of the listeriosis outbreak in which 22 Canadians died, CBC News Online reports. Maple Leaf Foods, headed by CEO Michael McCain, whose meat products were linked to the deaths, said that as a result of the outbreak, the company was committed to "becoming a global leader in food safety to prevent this kind of a tragedy from ever happening again." METRO NEWS SERVICES

Olympic troopers?

Soldiers could be recalled to guard 2010, memo says

Canada could outsource military work in Afghanistan and pull its soldiers from low-profile foreign missions to relieve the pressure of fighting in Kandahar, guarding the 2010 Olympics and securing a meeting of world leaders next summer in Muskoka, Ont.

According to documents, more than 32,000 military personnel — about half the entire Canadian Forces — will be in training or set to deploy on missions to Kandahar, the Vancouver Olympics and a G8 meeting in Huntsville, Ont., between this summer and July 2010.

That staffing burden makes it impossible to carry on current operations and still respond to the weekly requests for Canadian soldiers from the Americans, NATO and the United Nations, the military says.

Canadian participation in smaller peacekeeping missions could end or be drastically cut, the memo also reveals.

TORSTAR NEWS SERVICE

Training

- The document also said soldiers in Kandahar will also be ordered to train and mentor additional Afghan army batallions on the frontlines without the help of more troops. The training function was one of Ottawa's key priorities when Parliament extended the Afghan mission to 2011.

Midearth Travel
738 Bronson Ave., Ottawa
www.midearth.ca
NEW YORK CITY FUN
3 days, NYC and Woodbury Outlets
Every Satureday departure from $179
USA 4 DAYS BUS TOUR
New York City – Washington DC – Atlantic City
Every Satureday departure from $209
TORONTO – NIAGARA FALLS
2 days trip, 1000 Islands cruise, Toronto and Niagara Falls
Weekly departure from $109
QUEBEC CITY & WHALE WATCHING
QUEBEC CITY & MONTREAL
Two days bus tour from $119
(ALL INCLUDING BUS & HOTEL)
BUS TOUR PACKAGE
For more bus tours, please call 613-236-5226 or www.midearth.ca

Nunavut **Remote reservists**

ANDY CLARK/REUTERS

Members of the Canadian Rangers pose in front of their tent in Iqaluit, Nunavut in the Arctic. The Canadian Rangers are part-time reservists who provide a military presence in Canada's remote communities. They are responsible for surveillance and reporting unusual sightings.

News in brief

VANCOUVER 2010 The International Olympic Committee overseeing the lead-up to the 2010 Games in Vancouver will meet there this week for the last time before the Games begin. The IOC will meet with Games staff to approve last-minute changes. METRO CANADA

POLITICS The Conservatives have leaped to a strong lead, a poll released on Monday showed, while a second survey showed the party remaining in a deadlock with the opposition Liberals. Results from Ipsos Reid put the Conservatives at 39 per cent among likely voters, a level that would be close to delivering a majority government, with the Liberals down to 28 per cent. Two months ago, the poll had the Liberals ahead 35 to 34 per cent. A Harris-Decima poll put the Liberals ahead 32 per cent to 31 per cent. REUTERS

Ontario's French-language education opens up a world of possibilities.

From early childhood through adulthood, we offer a continuum of French programs and services of exceptional quality. Our complete network includes elementary and secondary schools, as well as colleges and universities. In addition, French-language school boards offer free, full-time junior and senior kindergarten programs to children beginning at age 4.

Éducation en langue française en Ontario
A WORLD OF POSSIBILITIES
fleontario.ca
With the participation of the Government of Canada.
Canada

SuiteDreams.com
IMPRESS YOUR GUESTS
Cartier Place SUITE HOTEL
Downtown Ottawa
TRAVELERS' 2008 CHOICE
www.tripadvisor.com
613-236-5000

HIGHEST CASHABLE GIC RATES
GUARANTEED & SECURE
LIFE INSURERS – 3.9%
vs. BANKS – 1.90%
• Five Year • RRSP Eligible • Deposit Insured
$1,000 extra interest in your pocket per $10,000 investment
*Deposits protected under ASSURIS, Insurers' equivalent to Banks' CDIC. Early redemption fees may apply. Rates subject to change without notice. Source: Cannex Financial Exchanges Limited. Date: August 20th, 2009
CALL NOW 613.842.8809
FirstRateInsurance.com
First Rate INSURANCE

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

Get a jump on life with web to go.

Check your stocks on a patio. Get news updates from the dressing room. Facebook® on the bus. Web to go with a TELUS phone puts you one click away from making the most of your time from virtually anywhere.[1]

Treo™ Pro by Palm®

$149.99[2] | $549.99
(3 year term) (no term)

NEW BlackBerry® Tour™ 9630 smartphone

$229.99[2] | $599.99
(3 year term) (no term)

HTC Touch Pro2™

$249.99[2] | $649.99
(3 year term) (no term)

$45 /month[2] Your Choice Smartphone Combo 45

- 500 MB: personal email, IM, web browsing and video streaming[4]
- Up to 200 local anytime minutes + up to 50 bonus local anytime minutes[5]
- Includes your choice of features such as unlimited nationwide talk & text[6] with your 5 favourite numbers[7]
- **PROMO:** Unlimited local early night (6pm) and weekend calling[8]

the future is friendly®

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

TELUS STORES & AUTHORIZED DEALERS

Ottawa
Ottawa Office Tower
Bayshore Shopping Centre
Billings Bridge Shopping Centre
Carleton Place (525 McNeely Ave.)
Carlingwood Shopping Centre
Chapman Mills Marketplace
Rideau Shopping Centre
St. Laurent Shopping Centre
10 - 100 Trainyards, Bldg. C
2950 Bank St.
8 - 1568 Merivale Rd.
530 Montreal Rd.
1200 Prince of Wales Dr.
118 Holland Ave.
424 Catherine St.
1333 Michael St.

Brockville
2211 Parkdale Ave.

Cornwall
Cornwall Square
2130 Vincent Massey Dr.

Hawkesbury
321 Main St. E

Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
103 - 646 Norris Crt.
764 Gardiners Rd.
131 Princess St.

Nepean
129 RioCan Ave.
39 Robertson Rd.

Orléans
Place d'Orléans
2 - 4312 Innes Rd.
2062 St-Joseph Blvd.

Pembroke
Pembroke Mall

Perth
106 Gore St. E

Phone availability and price may vary. Prices are subject to change without notice. Effective net price after in-store discount at time of activation. 1. Within the TELUS 3G network coverage area. See coverage maps at telusmobility.com/3G for more details. 2. Available for clients (new and renewal) who activate on a 3 year term with any non-promotional voice rate plan of $20 or greater and data add-on of $15 or greater. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. 3. Offer available until November 3, 2009, unless otherwise stated. Taxes, long distance, additional airtime, roaming, pay-per-use charges, monthly system access fee ($6.95) and monthly enhanced 911 emergency service access charges ($0.75) are extra. 4. Device usage beyond the 500 MB/month will be charged at 5¢/MB. Data used while roaming in the U.S. is charged at $3/MB. Any usage incurred through a laptop/computer will be charged at $8/MB. Cannot be combined with any other data plan. Email is available on BlackBerry® smartphones (with BlackBerry Internet Service only). Instant messaging available with BlackBerry Messenger on BlackBerry smartphones only. Video streaming is available on select handsets only and available in Wireless High Speed and digital 1X coverage areas. Video streaming is available to select mobile sites; please visit telusmobility.com for a current list of supported sites. 5. Bonus minute offer is available on a 1, 2 or 3 year service agreement until November 3, 2009. Bonus minutes are not doubled when the client chooses double anytime minutes feature. 6. An additional 10¢ charge will apply for each text message or attachment sent outside of Canada and the U.S. Premium messages are not included. 7. Your five numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk & text refers to local and Canadian long distance calls made to or received from your mobile phone, and subject to additional roaming, and/or international charges. Text messages can only be sent and received from other mobile phones and subject to roaming and international charges. You may change the five numbers once per billing cycle by visiting mytelusmobility.com. 8. 6pm early night and weekend calling offer is available on a 1, 2 or 3 year service agreement for new activations only until September 30, 2009. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2009 TELUS.

Sears

TUESDAY AUGUST 25
2 LOOKS FOR
$22 Set

$12 each. Boys' Nevada®/MD denim jeans, sizes 8-18. Sears reg. 24.99.
$10 each. Character & entertainment tops, sizes 8-18. Sears reg. 14.99.
$10 each. Nevada denim jeans, sizes 4-6X. Sears reg. 19.99.
$12 each. Character & entertainment fooler tops, sizes 4-6X. Sears reg. 16.99.

NEVADA®

At this low price, this offer cannot be combined with any other savings or coupon offers.

$5 Boys' Sears Kids™/MC T-shirt/hoody fooler top, sizes 4-6X. Sears reg. 12.99.

$5 Girls' footless tights, sizes 7, 10 & 14. Sears reg. 6.99 & 7.99.

FREE $15 worth of stationery school supplies from our Back to School Shop when you spend $125 or more* on regular and sale-priced kids' fashions.

*Before taxes. Offer valid from August 25 to 28, 2009 with coupon. Excludes Lands' End, licensed departments and clearance priced merchandise purchases. Qualifying purchase can be cumulative but must be made on the same day. Limit one coupon per purchase.

While quantities last. Selection will vary by store. Offers valid at Sears Department stores only.

NE084G309 © 2009. Sears Canada Inc.

'Buy American' waiver only a step: Experts

Asking that Canada be exempt from the "Buy American" provision in the U.S. federal stimulus bill is just the first step to more cross-border business, says International Trade Minister Stockwell Day.

But while observers say a waiver would be a step in the right direction, they question whether it will be enough to stem the tide of protectionism at the state and local levels.

Stockwell Day

Day sent a letter last Thursday to U.S. Trade Representative Ron Kirk offering "time-limited" guaranteed access to purchases by provincial and territorial governments and major municipalities in exchange for a speedy waiver of "Buy American" provisions.

Day said he and Kirk have agreed to meet soon.

"I'm not sure the extent to which a waiver at the federal level is going to go down, especially when the people at the state and local levels are much closer to the electorate," said Walid Hejazi, an associate professor of international business at the Rotman School of Management in Toronto. "It's not going to hurt, but it's not the silver bullet that is going to make this go away."

Maryscott Greenwood, executive director of the Canadian American Business Council, said any action by Kirk could only go so far.

"It is a step in the right direction but the thing is the United States Trade Representative doesn't really wave a magic wand and say to every state and local government in the United States, 'Okay, you will therefore act accordingly,'." Greenwood said. "I actually think there is a much broader challenge, which is to have a dialogue about how integrated the North American economy is and how it is actually in the U.S. business interest to be able to source in Canada if they want."

TORSTAR NEWS SERVICE

Popularity drives Facebook users

RESEARCH Two researchers at the University of Guelph's psychology department recently found undergraduates who disclose a lot of personal information on Facebook are driven by the desire to be popular.

"In order to have presence on Facebook, you need to have people contributing to your Facebook page … Our identity is created by what other people are saying about you," said Amy Muise, who conducted the research with Emily Christofides. "The more you disclose and the more others can engage with you on Facebook, the more … visible and social you are."

TORSTAR NEWS SERVICE

The Ottawa Wedding Show! Le Salon du Mariage™

Lansdowne Park
Sept 12 & 13/09

Saturday 10-5 • Sunday 10-5

- Ottawa's top wedding suppliers
- Fashion Shows 12:30 & 3:30
- Wedding Planning Seminars - 11:30 & 2:30
- Super Gown Sale

www.OttawaWeddingShow.com

ottawa 60 day

Available at the following Bell stores:

ARNPRIOR
6-75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
2184 Thurston Dr.
Billings Bridge Plaza
Carlingwood Mall
Rideau Centre
St-Laurent Shopping Centre

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471-B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

STITTSVILLE
1250 Main St.

Better HD.
Better price.
Better than Rogers.™

With more channels, more HD, and picture quality rated best by Ontario consumers,[1] Bell gives you more TV for $25 less than Rogers, each and every month.[2]

Call 1 866 755-6436 • bell.ca/moreforless • visit a Bell store

	Bell TV	Rogers
PRICE PER MONTH	$40	$65
TOTAL CHANNELS	325	199
HD CHANNELS	53	41

Bell trading up just got better

Available to residential customers in Ontario where access and line of sight permit. Early termination fees apply. Subject to change without notice. As of Sept. 2009, a fee in an amount not to exceed 1.5% of your monthly Bell TV charges shall apply to fund Bell's contribution to the CRTC's Local Programming Improvement Fund. See Bell.ca/LPIF. Taxes extra. Other conditions apply. **(1)** Based on an independent survey conducted in April 2009. **(2)** Based on comparison of Bell's Digital Basic package (including Digital Service Fee $3/mo.) plus Premium HD Channels (4 HD Themes) and Bell Bundle discount vs. Rogers' Extended Basic Package (including $2.99/mo. System Access Fee) plus HD Specialty Pack and 5% bundle discount; excluding promotions. Channel counts include pay-per-view, music as well as both HD and SD versions of channels. Current as of June, 12th 2009. Rogers is a trade-mark of Rogers Communications Inc.

Madoff not terminally ill: Prison bureau

Wall Street swindler Bernard Madoff has not been diagnosed with cancer, the U.S. Federal Bureau of Prisons said yesterday, knocking down a report that Madoff was dying of the disease. The New York Post had reported that Madoff, 71, who is serving a 150-year sentence at a federal prison, told inmates he does not have long to live. The paper cited unnamed prison sources. REUTERS

World

Mice heading to space today

Space shuttle Discovery was on track for an early morning launch today to deliver supplies, lab gear and mice for experiments aboard the International Space Station. As the assembly of the space station winds down, NASA and its partners — Canada, Russia, Europe and Japan — are shifting focus to research programs. Eight mice, including four that were genetically enhanced with a double portion of a bone-building gene, will be left on the station as part of a study to find out why astronauts' bones break down in the gravity-free world of space. REUTERS

Minister claims victory for Karzai

ELECTION Afghanistan's finance minister claimed victory yesterday for President Hamid Karzai in last week's presidential election but, with no official figures released, the claim was rejected by his main rival's camp.

The first, partial figures are due to be released today, five days after the election. Taliban attacks failed to stop the election, although violence did suppress turnout, especially in the south.

Speaking to reporters, Finance Minister Hazrat Omar Zakhilwal said figures supplied to him as a member of the cabinet showed the president has secured support across the country, including in the north.

Zakhilwal said this would make the result impervious to a challenge of fraud. REUTERS

Lethal dose killed Jackson: Document

Michael Jackson died from a lethal dose of the powerful anesthetic propofol, according to findings by the Los Angeles chief medical examiner unsealed in court documents in Houston yesterday.

Jackson suffered cardiac arrest and died on June 25 at age 50. Since then, an investigation by state and federal agencies have focused on Conrad Murray, Jackson's personal doctor who was at his side the day he died.

"The Los Angeles Chief Medical Examiner-Coroner ... indicated that he had reviewed the preliminary toxicology results and his preliminary assessment of Jackson's cause of death was due to lethal levels of propofol (diprivan)," according to a warrant to search Murray's offices in Houston.

In an affidvit seeking the warrant, Houston police officer E.G. Chance said U.S. agents had gathered "items constituting evidence of the offence of manslaughter that tend to show that Dr. Conrad Murray committed the said criminal offence."

Murray, who was in Jackson's bedroom on June 25 administering drugs to ease the pop star to sleep, administered a wide range of drugs before he died, including a 25-milligram dose of propofol via an intravenous drip, the state search warrant said. REUTERS

Pop icon's final moments?

- According to the document released by a Houston court, in the early hours of June 25, Dr. Conrad Murray also gave Michael Jackson doses of Valium, ativan, and versed, the filing said. Jackson went to sleep after Murray administered the propofol, and Murray stayed by his side for about 10 minutes and then left "to go to the restrooom and relieve himself," the search warrant said. Murray was out of Jackson's room for about two minutes and when he returned, Jackson was no longer breathing, the warrant said.

China **Lead scare**

CHINA DAILY/REUTERS

A nine-month-old child who was diagnosed with excessive lead in his blood is seen in China yesterday. Henan province, the top lead producer in the country, has shut down up to 240,000 tonnes of smelting capacity in recent days after lead poisoning was reported to have affected hundreds of children.

News in brief

CIA U.S. Attorney General Eric Holder yesterday named a special prosecutor to probe CIA prisoner abuse cases. Holder's decision came after the U.S. Justice Department's ethics watchdog recommended considering prosecution of CIA employees for harsh interrogations in Iraq and Afghanistan.

GREECE Dying winds yesterday helped firefighters beat back wildfires near the suburbs of Athens. REUTERS

Forecasters expect quiet hurricane season
Private weather forecaster WSI Corp. said yesterday it still sees a quiet 2009 Atlantic hurricane season. REUTERS

Lockerbie bomber's welcome fans backlash

Scotland's justice secretary yesterday defended his decision to free the Lockerbie bomber on humanitarian grounds in the face of severe criticism from the United States government and relatives of U.S. victims.

Addressing an emergency meeting of the Scottish parliament, Kenny MacAskill rejected suggestions from opponents that he had bowed to political or economic pressure.

But MacAskill, who freed Abdel Basset al-Megrahi on compassionate grounds because he is dying of prostate cancer, criticized Libya for the celebrations that greeted his return to Tripoli.

"A decision had to be made," MacAskill told the packed chamber in the Scottish capital. "It was based on the law of Scotland, and the values I believe we seek to uphold. It was not based on political, diplomatic or economic considerations."

Relatives of U.S. victims have strongly condemned the Scottish government over its decision to release Megrahi, 57, the only person convicted of the bombing of the Pan Am jet over the Scottish town of Lockerbie in 1988, killing 270 people. REUTERS

257M Critics of the Scottish decision have set up a website urging Americans to "boycott Scotland." U.S. tourists are the leading overseas visitors to Scotland by number and spend about 257 million pounds ($454 million) a year, more than any other nationality.

News in brief

IRAQ Bombs planted on two minibuses killed at least 11 people and wounded 12 near the usually quiet southern town of Kut yesterday, officials said. Iraq has been reeling from a series of huge bombings, mainly in and around the capital Baghdad, the troubled northern city of Mosul and western Anbar province. REUTERS

Pakistan arrests 7 militants

RAID Pakistani police have arrested seven men belonging to an al-Qaida-linked militant group who were planning to attack high profile targets in the country's biggest city, Karachi.

The militants, belonging to the Lashkar-e-Jhangvi (LeJ) group, were arrested in a raid in the upmarket Defence neighbourhood where they had rented a bungalow, Superintendent of Police Fayyaz Khan told Reuters late on Sunday.

Pakistan has seen an intensification of attacks by Islamist militants over the past two years. REUTERS

Metro Supports Give Girls A Chance!
Educate a Girl. Change the World.

www.givegirlsachance.org
metro

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic
JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.Ph., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam
FREE CONSULTATION
RECOMMENDED FOR:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia,** Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine,** Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain,** Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.
Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Investment strategies for women
Retirement...Time for a New Conversation. Join us for a workshop to get financial answers to your questions.
Wednesday, Sept. 30, 2009 11:45 - 1:00 pm 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Refreshments will be served

ScotiaMcLeod
H. Colleen O'Connell-Campbell, CFP, CIM, CDFA, Wealth Advisor
Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiamcleod.com www.colleenoconnellcampbell.com
™ Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.

Home Phone Lines - ALL FEATURES FREE
LIMITED TIME OFFER
OFFER ENDS AUG. 31ST, 2009
6 MONTHS FREE!
• SATISFACTION GUARANTEED! • KEEP YOUR EXISTING PHONE NUMBER!

UNLIMITED CALLING TO INDIA $5 EXTRA /MONTH
(ONLY AVAILABLE AS AN ADD-ON TO THE GLOBALHOME PHONE PLAN)
4 GREAT PLANS TO CHOOSE FROM!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95 /month	$19.95 /month	$29.95 /month	$39.95
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 20 COUNTRIES!
			Add Unlimited India $5 /month
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

All Features FREE!
✓ Keep Your Existing Phone Number
✓ Free Comwave to Comwave calls WORLDWIDE!
✓ Caller ID
✓ Voicemail
✓ Call Forwarding
✓ Call Waiting
✓ Follow Me
✓ Visual Call Waiting
✓ Turbo Speed Dial
✓ Do not Disturb
Lowest Long Distance Rates to Call Anywhere in the world... Guaranteed!
613-216-6096
comwave
www.comwave.ca
HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. Unlimited Calling to India is available as an Add On to the Global Home Phone Plan only and is for residential use. The 6 months free promotion does not apply to the Unlimited India plan or the Global Home Phone Plan. Limited to 2000 minutes per month. Excess minutes used will be billed at 2.99 cents per minute. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction guaranteed within 90 days if you are not 100% satisfied you may cancel your home phone service no questions asked. Terms and conditions apply, see www.comwave.net for details. MOBILITY: LIMITED: Terms and conditions may apply, see www.comwave.net/mobile for details.

Speed up U.S. flu vaccine supply, says White House advisers

U.S. officials should help drug companies speed up bottling of vaccines for influenza A (H1N1), also known as swine flu, making some available for vaccinations by mid-September, instead of mid-October, White House science advisers said yesterday. **REUTERS**

Afghan journalist shot dead in Pakistan

MURDER Gunmen shot dead an Afghan journalist known as an outspoken critic of the Taliban as he travelled by bus through Pakistan's Khyber Pass yesterday, a Pakistani government official said.

Janullah Hashimzada was bureau chief in Pakistan for Afghanistan's Shamshad television channel and was travelling from Afghanistan when he was attacked.

"The attackers in a Toyota Corolla car intercepted the bus and made it stop and then they went inside and shot him dead," said Rehan Khattak, a government official in Jamrud, the main town in the Khyber region.

Khattak declined to say who might have been behind the attack.

Journalists in Peshawar, the capital of Pakistan's North West Frontier Province where Hashimzada was based, said he had been a vocal critic of the Taliban insurgency in Afghanistan.

REUTERS

Brazil **Houses on fire**

PAULO WHITAKER / REUTERS

A man walks on the roof of a house at a slum in Sao Paulo yesterday. Residents set fire to houses after officials removed 800 families from the slum, which had been illegally occupied.

Limit sugar intake, says U.S. group

HEALTH Americans need to cut back dramatically on sugar consumption, the American Heart Association said yesterday in a recommendation that is likely to rile food and beverage companies.

The group said women should eat no more than 100 calories of added processed sugar per day, or six teaspoons (25 grams), while most men should keep it to just 150 calories or nine teaspoons (37.5 grams).

That's far below the 22 teaspoons (90 grams) or 355 calories of added sugar consumed by the average American each day, according to a 2004 government survey.

The researchers took particular aim at the estimated $115-billion US market for soft drinks, which represents the No. 1 source of added sugars in the American diet.

"For the first time we've created specific recommendations about the amount of sugars that can be consumed in a heart-healthy diet," said Rachel Johnson of the University of Vermont, lead author of the policy statement published in the journal Circulation.

REUTERS

Beverages

- While the heart experts said no single food or food group is to blame for the U.S.'s obesity epidemic, they said many studies have shown a correlation between higher intake of sweetened beverages and obesity.

News in brief

CANCER The developing world sees only five per cent of the world's spending on cancer treatment, despite accounting for around half of new cases and nearly two-thirds of cancer deaths, a report published yesterday said. The incidence of cancer, once thought to be a disease of the affluent, is rising in poor countries, and there is an estimated $217-billion shortfall in funding for cancer treatment globally, according to a report by the Economist Intelligence Unit. **REUTERS**

The HP Photosmart C4780 All-in-One Printer

Print, scan and copy virtually everything from anywhere. The wireless HP Photosmart C4780 All-in-One gives you the freedom to print anywhere in your home or dorm room.[1] Whether it's for school or anything but school, you can do it all.

Use the HP TouchSmart Frame to conveniently print, edit and personalize lab-quality photos. And this All-in-One is designed with the environment in mind. The ink cartridges are made from at least 50% recycled plastic.[2]

Plus HP Original inks give you up to 65% more pages than bargain inks.[3] Or you can print even more for less with our XL ink cartridges. So you can write longer papers, you know, if you wanted to. Visit your local retailer or learn more at **hp.ca/declare**

Don't forget to stock up.

FUTURE SHOP

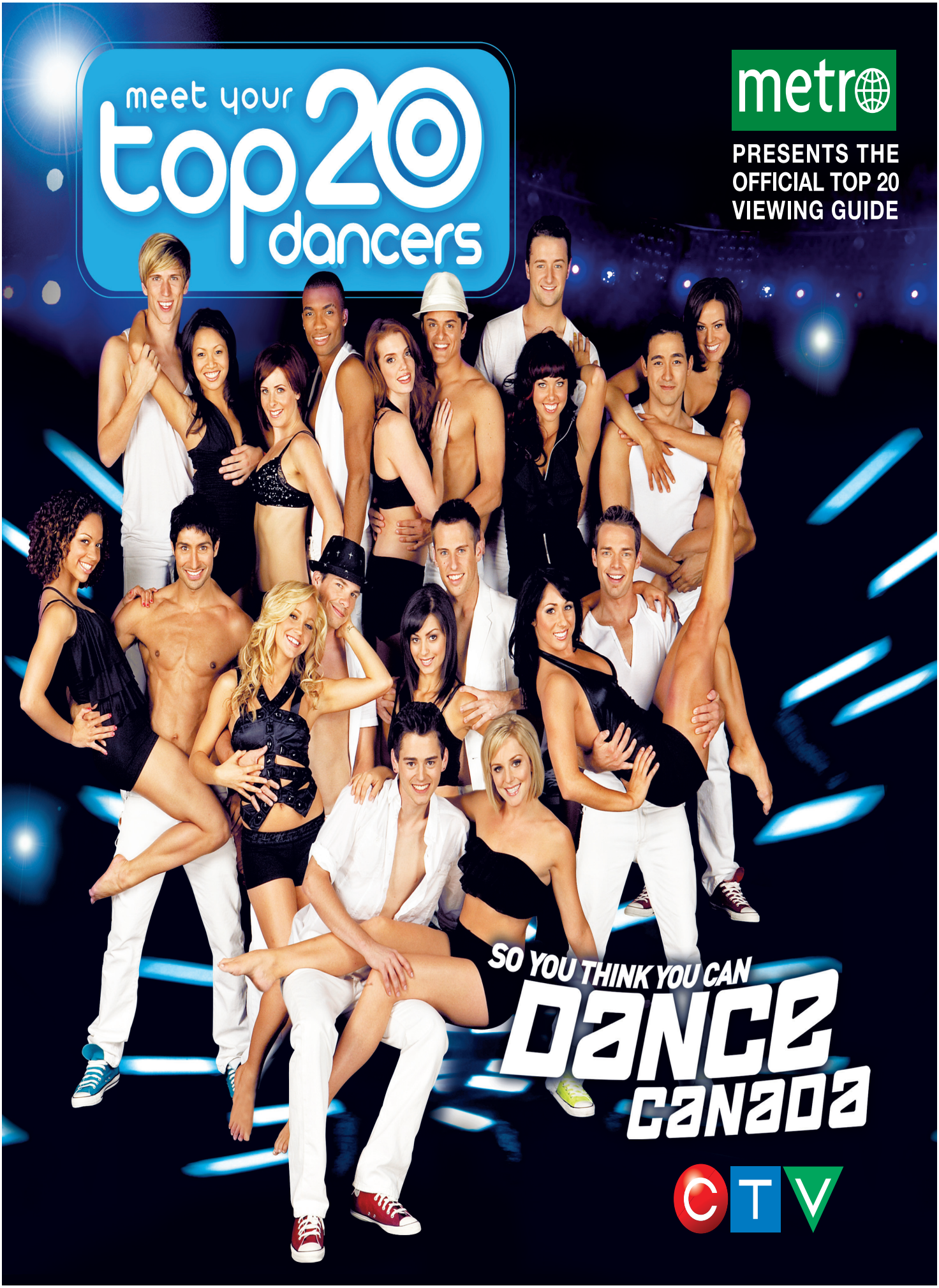
HIT PRINT WIRELESSLY

© 2009 Hewlett-Packard Development Company, L.P. Simulated images. [1]Wireless access point and Internet service is required and not included. Availability of public wireless points is limited. Wireless performance is dependent upon physical environment and distance from access point. [2]Using HP 60 ink cartridge bodies. For more information please visit www.hp.com/go/recycledplastic [3]QualityLogic 2009 study comparing yield and reliability of HP and refilled inkjet cartridges. Details: www.qualitylogic.com/2009HPinktest.pdf *All prices are suggested retail price in Canadian dollars. Retailer may sell for less and prices are subject to change. Not all products available at all locations.

meet your top 20 dancers

metro

PRESENTS THE OFFICIAL TOP 20 VIEWING GUIDE



SO YOU THINK YOU CAN DANCE CANADA

CTV

your top 20

Amy Gardner, 21
Calgary, AB
contemporary

Corynne Barron, 18
Edmonton, AB
classical
contemporary

Jayme Rae Dailey, 21
Montreal, QC
contemporary

Jenna Lynn Higgins, 18
Toronto, ON
jazz/lyrical

Kim Gingras, 23
Montreal, QC
hip-hop

Melanie Buttarazzi, 22
Woodbridge, ON
latin ballroom

Melanie Mah, 19
Richmond Hill, ON
contemporary

Natalie Lyons, 23
Halifax, NS
hip-hop/krump

Tara-Jean Popowich, 20
Lethbridge, AB
contemporary

Tatiana Parker, 21
Toronto, ON
hip-hop

Anthony Grafton, 24
Calgary, AB
ballroom
Austin Di Iulio, 19
Mississauga, ON
contemporary
Cody Bonnell, 19
Unionville, ON
hip-hop
Daniel Dory, 23
Montreal, QC
hip-hop/house
Danny Lawn, 21
Brockville, ON
contemporary
Emanuel Sandhu, 28
Vancouver, BC
contemporary
/ ballet
Everett Smith, 25
Glen Morris, ON
tap
Nicolas Bégin, 24
Quebec City, QC
b-boy/hip-hop
Taylor James, 22
Vancouver, BC
contemporary
Vincent Desjardins, 20
Trois-Rivières, QC
ballroom
SO YOU THINK YOU CAN
DANCE
CANADA

the road to the top 20

Get ready to 'flip' out Canada. SO YOU THINK YOU CAN DANCE CANADA, the No. 1 new show of 2008* is back, and you won't believe what's about to hit the stage. Season 2 is jam-packed with talent from across Canada looking to follow in the footsteps of Canada's Favourite Dancer, Nico Archambault.

Since winning the title, Archambault was cast as ballet great Rudolph Nureyev, performed in the nation's capital for Canada Day and is currently on a cross-Canada tour, performing the raw, emotional choreography Canadians fell in love with.

Archambault's fellow Top 20 dancers are also making their mark on the international dance stage. From touring Europe and auditioning for the late Michael Jackson, to performing at the Calgary Stampede and starring in multiple feature films.

Not to be outdone, this year's audition tour kicked off in Toronto then criss-crossed the nation, wowing the judges from Vancouver, to Saint John, N.B., and ending off in Montreal and Edmonton.

From 26 consecutive pirouettes and 'bucc' krumping to countless flips across the stage, Season 2's dancers are as powerful and passionate as ever.

The top dancers from each of the five cities traded in their Boarding Passes for flights to Toronto where the best of the best faced off at Finals Week.

After an incredible journey thus far, the judges have finally chosen their Top 20 for SO YOU THINK YOU CAN DANCE CANADA season 2! Over the next few weeks, the Top 20 Dancers will compete for your votes.

Only you can decide who will become Canada's Favourite Dancer.

Get ready to vote, Canada!

2009 broadcast schedule**

Tuesday, August 25	Top 20
Wednesday, August 26	Results
Tuesday, September 01	Top 18
Wednesday, September 02	Results
Tuesday, September 08	Top 16
Wednesday, September 09	Results
Tuesday, September 15	Top 14
Wednesday, September 16	Results
Tuesday, September 22	Top 12
Wednesday, September 23	Results
Tuesday, September 29	Top 10
Wednesday, September 30	Results
Tuesday, October 06	Top 8
Wednesday, October 07	Results
Tuesday, October 13	Top 6
Wednesday, October 14	Results
Tuesday, October 20	Top 4
Sunday, October 25	Finale

CTV

dance.CTV.ca

* Source: BBM Nielsen Research
** Subject to change

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Iggy needs a makeover

NationalReport

Lawrence Martin

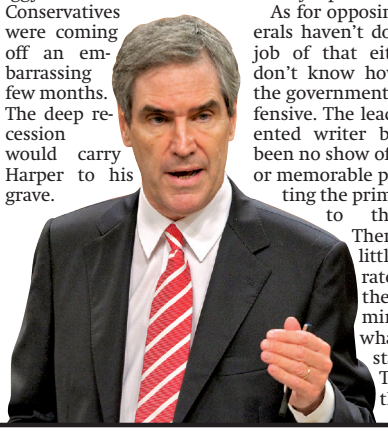
metronews.ca/nationalreport

It's official. The Liberal party strategy is a dud. A new Ipsos Reid poll — Conservatives 39, Liberals 28 — is the latest signal. While no one should read too much into one opinion sampling, the downward trend has been apparent for months. Michael Ignatieff's Liberals are backpedalling toward the lows of Stéphane Dion — and they shouldn't be surprised.

What else can be expected when you put out no new policies, no new vision, a leader who appears indecisive, and no sustained attack strategy on Stephen Harper?

The operation needs an overhaul and it needs it now. Iggy has been too beholden to a handful of advisers who brought him into politics. That's what happened to Paul Martin. The former prime minister placed too much power in the hands of a few close political friends.

The plan after Ignatieff took over the leadership last December was to play it safe. Canadians would be happy to see Dion gone. They would be excited by Iggy's fresh intellect. The Conservatives were coming off an embarrassing few months. The deep recession would carry Harper to his grave.



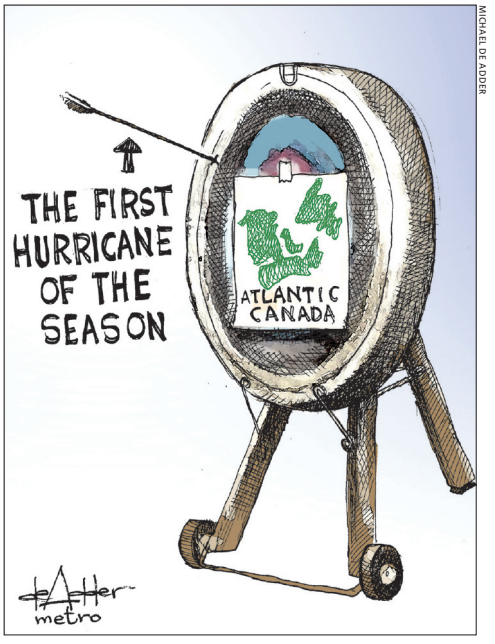
But the recession was short-lived and Iggy showed up with an empty bucket. His advisers kept him in low gear. Opposition leaders should only oppose, they told him. That might work for some, but not in Ignatieff's case. He was a world-renowned intellectual. He was expected to have new and captivating ideas for a public that was fed up with old-style politics.

As for opposing, the Liberals haven't done a good job of that either. They don't know how to keep the government on the defensive. The leader is a talented writer but there's been no show of rapier wit or memorable phrases cutting the prime minister to the quick. There's been little to separate him in the public mind from what Harper stands for. The notion that the Liberals could somehow capture the public imagination with an issue like employment insurance reform was cockeyed.

Iggy's office, which has done a good job on party financing and organization, says the national media hasn't been covering him this summer. The reason he hasn't been covered is he has had nothing really striking to say. Had he gone to Washington to see his Liberal soulmate, Barack Obama, that would have made for big headlines. He hasn't done it.

The latest brutal poll might actually do the Liberals some good. It might be the one that convinces them to change course. Dissenters close to the leader's shop will now have the ammunition to demand a change of strategy. They must do so. Otherwise Iggy risks becoming Icarus.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Worth mentioning

Can you juggle, run and chew gum at same time?

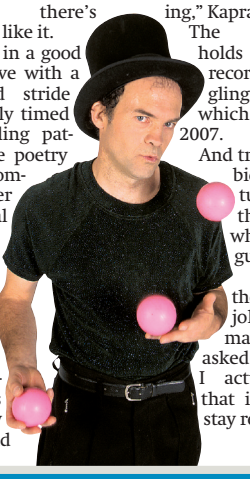
The long-distance joggler understands better than most that the race is not always to the swiftest.

Joggling, juggling while jogging, requires a hand as sure as a foot is fleet. But for some well-co-ordinated multi-taskers, there's nothing quite like it.

"Once I get in a good joggling groove with a nice, relaxed stride and a perfectly timed cascade juggling pattern, it's pure poetry in motion," competitive joggler Michal Kapral said.

"I was amazed how the two things fit together in such a fluid motion — one ball toss for every step," said Kapral, who started joggling after reading about it in the Guinness World Records when he was 12.

"Studies have shown that juggling boosts brain power, as does running, so the combination feels amazing," Kapral said.



The Torontonian holds the world record for the joggling marathon, which he set in 2007.

And true to his ambidextrous nature, he ran the entire race while chewing gum.

"I chewed the gum as a joke because so many people asked me if I could. I actually found that it helped me stay relaxed."

REUTERS

Views

Time to find homes for Canada's waiting kids

Laura Eggertson

At 17-and-a-half, "Adam" was about to age out of the foster-care system in Ohio, with nowhere to go when he turned 18. That's when a dedicated group of social workers at Northeast Ohio Adoption Services decided it was long past time the teenager found a permanent home.

Adam — a "quirky" kid — had never quite fit into any of his foster homes. He'd spent 14 years in care. Like many of the 500,000 kids in the U.S. child-welfare system, and the 100,000 or so children in care of our provinces, he faced a life without family or financial supports once the system deemed him an adult.

Unless someone stepped up to adopt Adam or become his legal guardian, he would be on his own the minute his 18th birthday rolled around.

"They were really truly going to have to drive him to the homeless shelter," says Cheryl Tarantino, a worker at the Ohio agency.

Fortunately for Adam, Ohio, like a growing number of U.S. states, is taking an aggressive approach to finding permanent homes for older children and teens in its care.

Labelled "extreme recruitment," these innovative approaches pay off. They are finding homes for the children and young people many states, provinces, and child-welfare workers previously considered "unadoptable."

In Adam's case, the Ohio county caring for him entered into a public/private partnership with the organization where Tarantino works to do what it couldn't: Find Adam a family.

Using Facebook and a model called "family finding," pioneered by youth permanency expert Kevin Campbell, the Northeast Ohio Adoption Services agency tracked down Adam's birth mother. Then they convened 44 biological family members.

On his 18th birthday, instead of a homeless shelter, Adam moved in with an aunt who became his legal guardian.

It's a process more Canadian provinces and children's aid societies need to explore. We need adoptive and other permanent homes for all of our kids in care — and we need to do whatever it takes to find those homes.

New Brunswick, Alberta and British Columbia are getting serious about finding homes for the older children and teenagers in their care. It's time the rest of the provinces and territories make this a priority, too, and learn from our neighbours to the south.

The teenagers in our child-welfare system shouldn't have to leave it without a home to visit on the holidays, and the love, support and helping hands of a family of their own.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

Metro Online Poll Results

70% SAID YES	Do you think the recession has affected government action on the environment?	30% SAID NO

Weigh in on today's question at metronews.ca

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

French factory workers drop trousers to save their jobs

Workers at a crisis-hit boiler factory in France have stripped off for a nude calendar in a bid to save 204 jobs slated for redundancy. Staff at the Chaffoteaux et Maury factory in Brittany will use the proceeds to fund a trip to Italy where they plan to stage a protest against their parent company, Ariston Thermo Group. REUTERS

Business

DOLLAR	GAS	OIL	TSX
US 92.85¢	US $2.87	US $74.37	10,789.97
US 0.42¢	US 7¢	US 48¢	41.21

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

FOOD The water tower in Smiths Falls, Ont. still boasts a sign that reads "Chocolate Capital of Ontario." But on Thursday, the contents of the Hershey's candy factory will be auctioned off. Hershey, the largest employer in the town of 9,000, said it was closing the plant in 2007, putting 500 people out of work. REUTERS

AUTO The long-running drama involving the sale of General Motors' subsidiary in Europe has taken another turn with talk that the struggling auto giant may keep it. GM's advisers have suggested the board consider seeking aid from other European governments beyond Germany so it doesn't have to sell control of Adam Opel GmbH, according to reports. TORSTAR NEWS SERVICE

Chilly fall for retail?

The recession may be over, but the weather remains unpredictable.

For some Canadian retailers, that's wreaking havoc with back to school sales. Despite stronger than expected retail sales in June, according to data released yesterday, Canadian retailers remain worried about the back to school season, the Retail Council of Canada said.

Economists said the better-than-expected one per cent monthly increase in June to $34.4 billion in retail sales proves the recession is over.

But Canadian retailers say they still can't predict the weather. For clothing retailers, in particular, it could be another tough season as summer finally arrives — two months late.

"More than half of sales during back to school are apparel," noted Diane Brisebois, president of the Retail Council of Canada. And while some purchases are necessary, like new shoes and pants, in milder weather parents and students can put off buying things like overcoats until later when they're on special, Brisebois explained.

TORSTAR NEWS SERVICE

Back to school

- Sales of basic school supplies should remain strong, experts predict, but profits may be slim as so many retailers slash the prices on them to attract customers.

Small businesses unprepared for H1N1 outbreak: Study

ILLNESS Only one in 10 small-business owners in Canada have prepared for an outbreak of influenza A (H1N1), also known as swine flu, a survey by Bank of Montreal showed, even though the virus may have a huge impact on workplaces with only a few staff.

While governments order vaccines and schools draw up outbreak plans, a Harris/Decima poll found few small businesses had prepared. The most obvious risk to small businesses from a health-related incident is staffing, but other risks include disruption among suppliers and a sudden drop in demand if fearful customers stop shopping. REUTERS

Here's a career choice you can bank on.

Looking for a rewarding career with high earning potential? There's a seat waiting for you in strategic supply chain management. Whether you're working toward a senior-level position through our professional designation program or just getting started with our certificate, you can make things happen in the rapidly growing SCM field.

"The knowledge that I've gained from the Ontario Institute of PMAC's accreditation program has aided me in transitioning from my (introductory) role to a Procurement Manager position, looking after seven offices throughout North America, and finally into my current position as a Strategic Sourcing Specialist for one of the largest Enterprise Retailers in Canada."

Douglas Stacey
Strategic Sourcing Specialist

Attractive job market

Supply chain management is a fast-paced, global profession with tremendous employment opportunities. Nearly every size and type of organization needs professionals who are well-prepared and motivated to become their supply chain leaders of the future.

The Ontario Institute of PMAC delivers the most extensive range of leadership and skills-development programs preparing supply chain management professionals for success. Contact us today to make a strategic move into one of the best seats in the house.

For details and information session dates:
www.ontarioinstitute.com/education or 1-877-726-6968

ONTARIO INSTITUTE PMAC
PROFESSIONALS IN SUPPLY CHAIN MANAGEMENT

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
0.8%	0.75%	1.40%	1.20%	0.75%	0.75%	0.75%	0.75%

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Stress-free back-to-school

Hand supply shopping over to the kids — with a few key guidelines

ICICI Bank
Apply online: www.icicibank.ca

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

Most of us parents would be lying if we didn't admit to a tiny thrill of delight when the ringing of the autumn school bell draws near. But getting Jenn and Josh togged up and laden with all the gear can turn the dog days of August into something akin to holiday shopping on Dec. 24.

If you'd rather have a root canal than hit the mall with the hordes, turn the job over to the kids. It starts with a list of needs and wants, proceeds to a spending limit and ends, eventually, with "shoo, shoo" at the entrance to the mall.

Youngsters, obviously, will need supervision at all stages. But by working with a five-year-old now you are setting the stage for stress free back to schooling as they approach the pre-teen years.

My husband used to take our daughter clothes shopping by grabbing a coffee and a seat outside a mall store after turning her, list in hand, to a salesperson. Happiness all round.

Taking a page out of his parental survival playbook, divide the list into clothes, school supplies and 'Please, Mom\Dad!'

The younger ones usually love this process, especially if you send them on a treasure hunt through the house to uncover what items from last season can be re-used, from protractor sets to shoes. If your kids really get into it they can trade supplies among their friends.

The bribe here is this; the more you recycle, re-use and make-do the more you will have to spend on that awesome (fill in the blank).

Next, set a spending limit and dole out the cash. Try not to make decisions for them. As years go by you will shift from in-store accompaniment, to lounging by the door, to dropping them off, to letting them drive, cycle or take the bus to the mall themselves.

Mistakes will be made but you will be doing your kids and yourself a big favour by handing over the back-to-school shopping chores.

Alison's Money Rule:

- Three steps to eliminating back to school shopping stress – make a list, set a limit and let'em at it.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small

Allan Small discusses what investors should do if or when the market pulls back in the short term. Visit metronews.ca/investing to read this week's column.

Readers weigh in on weathering the recession

MoneyMatters

Henry Choo Chong
metronews.ca/moneymatters

Q Readers were asked "How are you managing in this economic environment?"

A • Don't listen to the media, and the government. They say we must spend our way out of this recession. I totally disagree! I am doing the opposite. I am saving as much as possible, let the next guy spend his money. **— Gary, Pickering, Ont.**

• This past year, more than 30 per cent was lost from my investment portfolio. I am approaching retirement and it was my nest egg. I would have to work at least five more years to recoup these losses. **— Jo, Mississauga, Ont.**

• I go to the restaurants, they are busy. I take in a movie, very few seats left. I visit the malls, lots of shoppers with bags in hand. The recession must have missed Toronto. **— Mitch, Etobicoke, Ont.**

• My husband and I have been out of work for more than two months. We met and worked at the same company more than twelve years. Currently, we are collecting employment insurance but hate it. **— Chris and Jan, Oshawa, Ont.**

• I work for a major credit card company. There are more customers in default compared to the past two years. They must be constantly reminded to make payments or will go into collections. **— Ahmad, Scarborough, Ont.**

mogo
borrow up to $1500 instantly.
mogomoney.com » no hidden fees

We create greater
SUCCESS – one relationship and one career at a time.

At Convergys, we've become an innovative global leader, with an impressive Fortune 500 client roster. We make our clients smarter, stronger and more profitable by maximizing their customer interactions and transactions.

Put your strong communication and service skills to work in our state-of-the-art call center environment, offering exceptional phone-based customer support.

Now Hiring for Customer Service Agents, Bilingual Technical Agents, and Bilingual Sales Agents!

Starting as a Customer Service Representative, you will take incoming calls and assist customers on behalf of prestigious well-known companies.

We Offer:
- Outstanding Benefits
- Language Premium
- Employee Stock Plan
- Company Paid Benefits
- Tuition Reimbursement
- Discounted ECOPASS

Apply today!

Walk-ins Welcome!
Monday - Friday • 8:30am - 4pm
1670 Heron Road, Ottawa

Ottawa.recruitment@convergys.com
Fax: 613-667-1100

relationship management
CONVERGYS
Convergys is an Equal Opportunity Employer.

full-time mom
part-time tax professional

H&R BLOCK®

For a career that gives you the freedom to enjoy life outside of work, enrol in H&R Block's Tax Training School today. This course offers high quality training from our knowledgeable instructors and gives you the skills required for the chance to work at H&R Block.* As one of our tax professionals you could enjoy the benefits of **seasonal full or part-time work** and flexible hours, ensuring that you get the most from life both in and out of the office. **Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.**

Classes start September 16

*Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.

© 2009 H&R Block Canada, Inc. CNTTS41

Join our team for a career that allows you to do the things in life you love to do.
Seasonal full and part-time positions available.

Did you know?
According to the Ministry of Training, Colleges and Universities of Ontario, average fees for a two-term college general program are about $1,900 and for general universities are about $4,200. NEWS CANADA

Student ¢ents

On campus
If you live on campus and go with full accommodation from the school, you should expect to pay anywhere from $4,500 to $6,000.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Costs of school go beyond tuition

RICHARD WOODBURY
for Metro Canada

Avoid going broke this school year by planning ahead and sticking to a budget, experts say. If you're unsure how to do this, your school's financial aid office can help.

Having a budget and sticking to it is crucial for not running into financial trouble at university.

"If the kids want to make it through their year and through their program, I would say that's Number 1," says Frances Cody, the housing and financial aid manager at Mount Saint Vincent University.

Students must also distinguish between needs and wants when putting together a budget, says Dr. Laura Stanbra, the director of financial aid and awards at Concordia University in Montreal.

It's important to think about more than tuition and books, and think about other costs such as transportation, rent, food and clothing.

"They can add up pretty quickly," says Stanbra.

Part of the challenge of managing one's finances in university is it's often the first time they've had to do it. The good news is if students need some guidance, most universities offer free counselling to help students straighten out their finances and perhaps provide some financial aid.

"We're here to help them figure out how to save money and how to access other sources of funding," says Claudia Barrett, the associate director of student awards and financial aid at the University of Calgary.

When students do encounter financial difficulties, the key is to be open about it, says Dr. Eric Kirzner, a professor in the Rotman School of Management at the University of Toronto. He says all kinds of people face financial struggles, so there isn't any reason to feel ashamed about facing financial difficulties

"This is not the time to be shy," he says. "This is not the time to let a small problem escalate into a big problem."

> **"This is not the time to be shy. This is not the time to let a small problem escalate into a big problem."** Dr. Eric Kirzner

Kirzner recommends budgeting on a monthly basis. A weekly budget is too tight and two months is too long. He recommends stretching being frugal early on, so it leaves a little cushion to splurge a little later on. This breathing room can be crucial if unexpected expenses pop up down the road.

"Most students live rather modestly," says Stanbra. "When you have a budget and there's very little wiggle room, one unexpected expense can really mean the difference between making and breaking that monthly budget."

Barrett says some other tips for saving money are to take a close look at banking expenses and know what your plan includes and excludes.

When making purchases, pay by cash whenever possible.

If you have to use a credit card, be sure to pay the monthly balance off in full and on time. This way, you won't have to pay any interest charges and you'll help generate a positive credit rating. Pay attention to the interest rate as well.

Cody advises students who are staying off-campus to look for eight-month leases, rather than one-year ones.

"A lot of students get stuck trying to find subletters for the summer months," she cautions.

Cody also recommends using the web to find scholarships on sites such as studentawards.com.

She also recommends checking with local community and civic groups about potential scholarships.

RBC®

Because 'cheez' isn't a real word.

Get real banking advice. Plus every day we're giving students $1000* – to buy real cheddar.
Visit a branch today to open a free or unlimited student banking account.[1]

rbc.com/windaily

CREATE A BETTER STUDENT LIFE RBC Royal Bank®

*No purchase necessary. Contest runs from July 15, 2009 to October 31, 2009. Draws begin August 4, 2009. Winners will be announced daily starting August 7, 2009 for 92 days. For full Contest rules and how to enter without purchase, please visit www.rbc.com/stimulus/rules.
[1] No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit www.rbc.com/student.
®Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

It's Called Football
Vancouver Whitecaps president Bob Lenarduzzi appeared on the It's Called Football show to discuss stadium plans, their move to MLS and the future of their revered academy system. Watch the show at **metronews.ca/blogs**

Sports

Big O a no go for Habs

The Montreal Canadiens won't be hitting the ice at Olympic Stadium this year. The team yesterday quashed rumours that it was planning a regular-season match at the stadium. The team looked at hosting the Washington Capitals on Nov. 28, but the CFL's Montreal Alouettes hold an option to use the Big O on Nov. 22 and the NHL requires at least seven days to construct a rink and build up the ice surface. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Liverpool suffers second loss in three games

SOCCER Liverpool lost for the second time in three Premier League matches yesterday, slumping to a 3-1 home defeat by Aston Villa.

An own goal by Lucas Leiva and a glancing header from Curtis Davies gave Villa a 2-0 interval lead before Fernando Torres pulled one back for Liverpool in the 72nd minute.

Any hopes of a storming comeback were shortlived as Steven Gerrard rashly brought down midfielder Nigel Reo-Coker and Ashley Young beat keeper Pepe Reina from the penalty spot with 15 minutes remaining.

With the season a week old Liverpool, runners-up to Manchester United last season, have already lost as many matches as they did in the whole of the previous campaign. It was also their first league defeat at Anfield since December 2007. REUTERS

Sports in brief

GOLF PGA Championship winner Y.E. Yang will renew his rivalry with Tiger Woods on Asian soil in November after confirming yesterday his participation at the $7 million HSBC Champions in Shanghai.

BASEBALL The Colorado Rockies signed veteran first baseman Jason Giambi to a minor league contract yesterday.

NBA Miami Heat forward Michael Beasley has checked into rehab. The Miami Herald reported yesterday that Beasley has spent the last two weeks in a Houston facility.

METRO NEWS SERVICES

Wanted: 200-foot players

Playing both ends of the ice important at Olympic orientation camp

LAURENCE HEINEN
for Metro Canada

On the first day of Canada's National Men's Team orientation camp in Calgary, coach Mike Babcock laid down a challenge for his group of forwards.

Babcock, who will coach Canada's entry into the 2010 Winter Olympic Games in Vancouver, told his players that they will have to be "200-foot players" by being responsible at both ends of the ice.

"You have to play a 200-foot game," Babcock said during a pre-camp press conference yesterday afternoon.

> **"You have to be good without the puck. The better we are without it, the more time we'll have it."**
> Head coach Mike Babcock

"You have to be good without the puck. The better we are without it, the more time we'll have it."

Team Canada executive director Steve Yzerman agreed with Babcock's assessment and noted that the management team will be watching for the best two-way forwards at the camp and during the first three months of the NHL regular season.

"Specifically our forwards, we're looking for guys that are good in both ends of the rink," Yzerman said. "If you're going to make this team, we want you to be good in both ends of the rink. We can't be hesitant to put a player on the ice."

Forward Jarome Iginla, who's right at home in the Saddledome as captain of the Calgary Flames, said it "totally makes sense" that the coaching staff and executive will be on the lookout for players who can get it done both offensively and defensively.

"Their evaluation isn't really just based on this," Iginla said of the four-day evaluation camp that finishes up with a Red-White scrimmage on Thursday night at the 'Dome.

"You're not going to make it or not make it in the three or four days, but they're going to watch during the year. What's very important to them when it does come time is being responsible and being able to be good positionally and be part of the structure."

Rays beat Blue Jays

MLB

Rays 12 Blue Jays 7

Ben Zobrist went 3-for-4 with a home run, two RBI and four runs scored as the Tampa Bay Rays downed the Toronto Blue Jays, 12-7, in the opener of a three-game set at Rogers Centre.

Carlos Pena hit the go-ahead two-run homer in the fifth inning and finished with three RBI while Pat Burrell and Gregg Zaun each drove in two for the Rays, who have won seven of their last nine games.

Jeff Niemann (12-5) benefited from the run support as over his 6⅓ innings he was charged with six runs on eight hits with three walks and three strikeouts.

Rod Barajas hit a grand slam while Randy Ruiz went 3-for-4 with a solo homer and three runs scored for the Blue Jays, who have dropped seven of nine.

METRO NEWS SERVICES

MIKE CASSESE/REUTERS

Toronto Blue Jays pitcher Roy Halladay, right, sits on the bench beside pitching coach Brad Arnsberg and catcher Rod Barajas, left, last night in Toronto.

Canadian men's eight confident

ROWING No one's going to question Canadian rower Malcolm Howard's credentials to rate a fast men's eight.

After all, Howard was a key part of the engine that pushed a powerhouse crew to victory last year at the Beijing Olympics to highlight a four-medal haul for Canada's rowers.

So one can't help but take notice when he says the men's eight competing at the world championships this week in Poznan, Poland, does some things better than the Olympic champions did. Howard and Andrew Byrnes are the only returning members.

"I mean we're not as big as we were last year," Howard said in a telephone interview. "That was a big eight. But in many ways, we're actually rowing better this year than we were last year."

The Canadian men's eight won their opening heat yesterday in Poland, just ahead of the Dutch, to move into this weekend's final, where the favourite appears to be Germany.

Rounding out the men's eight are Mark Laidlaw, Derek O'Farrell, James Dunaway, Doug Csima, Gabe Bergen, Rob Gibson and Steve Van Knotsenburg.

Canada finished second to the Germans at the most important pre-worlds competition in Switzerland, with less than a second separating the two boats with 500 metres left before the Germans turned it on for a clear victory.

TORSTAR NEWS SERVICE

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Bright stuff

Five steps to a younger-looking smile

MICHELLE VILLETT
For Metro Canada

From peptide-laced night creams to grey-masking hair dyes, there are countless ways to fight the first signs of aging.

But one area of the body usually gets overlooked: your smile. It's no surprise that a fondness for red wine, coffee and cigarettes can discolour your teeth, making them look older, says Dr. Charles Botbol, a Toronto-based dentist. But that's not the only factor: bad breath, worn-down teeth and lines around the mouth can also add years.

We asked Botbol, Dr. Maryam Adibfar, a Toronto-based dentist and Dr. Stephen Mulholland, a Toronto-based cosmetic surgeon, for their best advice on achieving a younger-looking smile.

Follow a good home care routine: "At least twice a day, brush your teeth and gums for two to two and half minutes," says Adibfar. An electric toothbrush with a built-in timer (such as Oral-B's Pulsonic Sonic Toothbrush) can help you keep track of how long you're brushing; they're also better than regular toothbrushes at removing plaque and preventing stains from forming. Don't forget to floss at least once a day, too.

> **"Chronic bad breath, which is caused by poor oral hygiene, can make you seem older"**
> Dr. Charles Botbol, a Toronto-based dentist

ISTOCK PHOTO

Keep teeth looking white and bright by cutting back on stain-producing foods and beverages and start using at-home or professional whitening treatments.

Freshen up: "Chronic bad breath, which is caused by poor oral hygiene, can make you seem older," says Botbol. A pre-brushing rinse like Listerine Extreme Whitening not only freshens breath by stopping bacteria in its tracks, it also gently lifts stains.

Whiten and brighten: Cut back on stain-producing foods and beverages and start using at-home or professional whitening treatments. "For most people, whitening strips are affordable and do the job," says Botbol. Professional treatments — including custom-made whitening trays or Zoom whitening (both start at $300 and up) — perform deeper stain removal.

Get regular check-ups: To keep your teeth and gums in tip-top shape, see your dentist at least once every six months for an examination and professional cleaning, says Adibfar.

> **Keep teeth in tip-top shape by seeing your dentist once every six months**

Consider investing in cosmetic improvements: If your teeth require more serious repair work —they're misshapen, crooked or worn from grinding, for example — a cosmetic dentist may suggest ceramic reconstruction or contouring (reshaping existing teeth), says Botbol. But a younger-looking smile doesn't stop there. Hyaluronic acid fillers can restore fullness to the lips and fill in the nasolabial folds [laugh lines], says Mulholland. "Botox can also diminish the smaller lines and folds that run down from the corners of the mouth," he says.

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN EVENINGS & SATURDAYS

NEW PATIENTS WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

GET BACK TO SCHOOL WITH YOUR HEALTHIEST SMILE EVER!

Given the amount of wet weather we have had to endure this year, it is understandable if some of us feel happy saying goodbye to the summer of 2009. Happy to see it go or not, the fact is summer is almost over. And this year's calendar will see kids back to school earlier than normal.

We recommend that you have your child visit the dentist for a complete dental examination, either before school starts or very early in the school year. Removing any tartar or plaque that has built up over the summer is a great way to make sure kids greet their friends with their best smile ever.

Summer is fading quickly and getting that appointment means acting now! Just like new clothes and school supplies, clean, healthy teeth can be a great way to start the year off fresh. It can also help start your kids down the right oral health path for the year by:

1. Encouraging the use of a mouthguard if they play sports. Even if they are already wearing a face shield, a mouthguard provides the teeth with extra protection in the event of a jarring collision. When not in use, the mouthguard should be stored in an anti-bacterial solution and storage system to prevent the build-up of harmful bacteria.

Dr. Bao Nguyen
Dental Surgeon

2. Encouraging healthy eating habits. The more we can steer our kids toward healthy foods like apples, milk or even water, the better. That means steering them away from soft drinks, not an easy task with teenagers, but much better for their teeth and their overall health.

3. Getting them to Brush! Brush! Brush! Have your kids bring a toothbrush to school for after lunch. They will need a germ free place to store it and they should bring it home every week so you can run it through the dishwasher. This is one of the most effective ways to reduce the amount of germs that can otherwise build up on a brush.

4. Visiting the dentist! That one visit at the start of the school year is not enough! Depending upon your child's level of oral health, your dentist may recommend s/he return in three, four or six months for another appointment. S/he may not be complaining of any problems now. Our goal is to keep it that way!

Remember… poor dental health can have a negative impact upon academic performance. Tooth decay is a chronic health problem amongst children and is responsible for a large number of missed school days.

You want the best for your children. So contact your dentist today to make sure they start the year in great oral health. Because doing well in school is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen – Dental Surgeon

Just Energy is a leader in Green Energy Options and the largest growing 2 Billion Dollar Energy retailer in North American.

Ability to Earn up to $950/week and more plus bonuses and incentives!

Benefit from full training, development, and advancement opportunities. No experience necessary. Get paid weekly!

CURRENT OPENINGS
★ ENROLLMENT PROGRESSORS
★ GREEN ENERGY ADVISORS
★ SITE ASSESSORS

To qualify for an interview call:
613.216.7366

Just energy™
ENERGY MADE EASY

SPECIAL FOCUS ON:
Dental Health

The straight teeth goods

Hardware options to get your smile in line

JANINE FALCON
for Metro Canada

When Tom Cruise made 2002 headlines with braces, few adults had considered them a grown-up straight-teeth solution.

Now their choices range from discreet to updated metal-mouth versions that offer less ouch and shorter treatment times.

Invisalign

Clear, plastic upper- and lower-teeth trays that fit teeth through each straightening stage, about two weeks per set. The number of "aligners" depends on how much straightening you need.

PROS: Almost undetectable on teeth. Removeable for easy brushing and flossing.

CONS: Not for major straightening. Custom manufactured, so you'll wait between fittings and delivery. Invisalign is also the most expensive braces choice.

Ceramic Braces

Ceramic braces refer to the brackets affixed to the teeth. Apparently, Tom Cruise wore ceramic.

PROS: Made of transcluscent material, ceramic brackets are more subtle than glinty metal. Tooth-coloured wire add further camouflage.

CONS: Although the brackets are translucent, the ligatures are usually latex, which can stain. As well, translucent doesn't mean clear; ceramics could make super-white teeth look dingy. The brackets are also larger than metal, and more brittle.

Self-ligating Braces

Similar to standard metal, the difference in these is the brackets. Regular braces need tiny plastic bands (ligatures) that encircle tiny hooks on the face of the brackets to hold the wire against teeth. Self-ligating brackets instead have built-in clips to grip the wire.

PROS: Fewer adjustments, less wearing time. In regular braces, ligatures restrict the slip of the brackets along the archwire, so teeth shift haltingly into position. As well, orthos have to remove and replace ligatures at each adjustment visit. With self-ligating braces, brackets slide continuously along the wire as teeth move, which reduces the need for adjustments and shortens the process.

Titanium wire can further lessen straightening time and pain. More flexible than stainless steel, titanium has stretch memory, says Dr. Stephen Gurza, orthodontist and founder of The Brace Place, which has offices in Toronto, Thornhill and Scarborough, Ont. "We can tighten titanium wire more without increasing patient discomfort." Plus, the wire's gradual contraction helps shift teeth into place faster.

CONS: Smile and the world sees your braces.

STOCKPHOTO

Whichever teeth-straightening option you choose, remember: Sometimes a smile takes a while (and some discomfort) to perfect.

Fear of dentist is genetic: Study

RESEARCH Have you got red hair? Are you afraid of the dentist?

The same gene variation that causes red hair is also associated with fear of dental work, according to new research in the U.S.

There is a growing body of evidence that a mutation on the MC1R gene, found in most redheads, also causes a resistance to anesthesia. Redheads could require as much as 20 per cent more anesthesia to numb their mouths before treatment.

Participants filled out questionnaires on their degree of fear of dental pain, anxiety about the dentist, and previous bad experiences at the dentist. Their blood was checked for presence of the gene variant often associated with red hair.

Almost all of the red-haired people had the gene variation on MC1R (65 out of 67), while just over a quarter of the dark-haired people had it (20 out of 77). CELIA MILNE/ FOR METRO CANADA

The J Spot

Josey Vogels

metronews.ca/thejspot

It was a fair to remember

Whether it's the local county fair (which was all about meeting boys as far as I and my 13-year-old girlfriends were concerned) or the larger scale Canadian National Exhibition in Toronto (ah yes, necking on the bus back to our small town with Randy No-Longer-Remember-His-Last-Name after hooking up with him at the CNE), summer fairs are the stuff of romance.

But the fair wasn't always quite so innocent. Today's CNE is a far cry from its raunchier past when girl shows and burlesque were a regular midway feature.

In his book, Girl Show: Into the Canvas World of Bump and Grind, A. W. Stencell credits the Columbia Exposition in Chicago in 1893 as the place where travelling carnivals and girl shows got their start. It was the first major fair in North America that set aside a special area for show people, known as the midway.

Looking for entertainment for its midway, the Chicago Fair featured dancers with exotic names like Fatima and Husaria dancing in sideshows with names like Persian Palace and Turkish Village. According to the history books, many of the girls were Ghawazi dancers and Gypsy prostitutes from Egypt.

"At a time when most women wore corsets, here were these dancers who were shaking the heck out of their boobs and hips," says Stencell.

In her book, Burlesque West: Showgirls, Sex and Sin in Postwar, Vancouver author Becki L. Ross documents the popularity and evolution of girl shows at Vancouver's Pacific National Exhibition from 1910 through to the 1970s where white and black dancers did not share the stage until the 1960s.

"White Shows" and "Black Shows" were presented separately, with the latter being marketed as exotic, savage and ethnic novelties, writes Ross, with the carnival barker announcing things like: "The African Queen, DIRECT from the jungles of Africa! We can't bring her out yet, but we'll bring her slave girls out" whereby out came "Nubian slave girls in chains, a-thumping and a-bumping."

Given this history, it probably wasn't such a bad thing that, as Stencell writes, "by the 70s, carnivals became big business, high-tech; expensive rides were all the rage and girl shows got squeezed out."

This history, however, lives on in strip clubs everywhere. Pole dancing is thought to have originated in the old carnival days when tents were so small the stage often butted up against the centre tent pole.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Sleep before sex? Read more on Josey's blog at metronews.ca/blogs

In brief

DENTAL FILLINGS The U.S. Food and Drug Administration recently said silver-coloured dental fillings that contain mercury are safe for patients, reversing an earlier caution against their use in certain patients, including pregnant women and children. "While elemental mercury has been associated with adverse health effects at high exposures, the levels released by dental amalgam fillings are not high enough to cause harm in patients," the FDA said, citing an agency review of roughly 200 scientific studies. REUTERS

SEXUAL HEALTH A rapid urine test for chlamydia identified 84 per cent of infections in men, offering a quick and painless way to diagnose the common sexually transmitted disease, British researchers said recently. REUTERS

ATTENTION SECURITY GUARDS
• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.
For an interview call **613.820.3554** Mon-Fri 9am-5pm

OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Dave's DRUM SHOP Inc.
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
Now on your phone
m.davesdrumshop.com

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH?
WELL HAVE I GOT THE PLACE FOR YOU.
Why don't you drop by Ottawa's ONE STOP ZONE for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:
TRAINING (WORKSHOPS)
FILMMAKING EQUIPMENT (CAMERAS & OTHER EQUIPMENT)
SCREENING OPPORTUNITIES (CINEMAS & FESTIVALS)
LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

Lose weight, guaranteed.
END OF SUMMER SALE
25% OFF*
Call for your free, no-obligation consultation
1-800-254-4895
*See in-store for details. Offer available until August 31, 2009. Herbal Magic © 2009. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

Cruz ready to work with Almodovar

Penelope Cruz is "addicted" to working with Pedro Almodovar. The 35-year-old actress — who has starred in several of Almodovar's films — has been collaborating with the director since she was 17 and still can't get enough of him. FEMALEFIRST.CO.UK

Entertainment

More X-Files

Gillian Anderson has confirmed she will appear in a third X-Files movie. The actress surprised fans at the Sarajevo Film Festival by admitting she would happily reprise her role. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Duplicity

Director: Tony Gilroy

OUT TO CREATE lighter fare after his Oscar-lauded helming debut Michael Clayton, writer/director Tony Gilroy is determined to put some smarts into the world of double crosses and double martinis.This spy vs. spy romance begins with the 2003 meet-cute and sexy set-up in Dubai of agents Claire (Julia Roberts), formerly of the CIA, and Ray (Clive Owen), formerly of Britain's MI6. Both are now corporate sleuths.

Naturally, Claire and Ray are in opposing boardrooms, while often in the same bedroom.

Duplicity illustrates the proposition that you can love someone despite not fully trusting them. Don't try to predict the ending, or demand a straight path to it.

Adventureland

Director: Greg Mottola

SET IN A decrepit Pittsburgh amusement park in the summer of 1987, Greg Mottola's uncommonly temperate coming-of-age comedy is based on his own youthful experiences as a minimum-wage slave forced to toil in a pretend paradise. James (Jess Eisenberg) is a virginal college grad whose plans for a trip to Europe have thudded to the ground. Bereft of cash and marketable skills, James gets a job as a ride operator at Adventureland, an erstwhile entertainment facility.

Adventureland is a stealth comedy — the laughs are few but they sneak up on you and really deliver. More than that, it's a wise reflection of the awkward gap between boyhood and manhood.

Peter Howell/for Metro Canada

Father knows best

Robin Williams is the accidental star of a new indie comedy

Yes, you want to have a great screenplay and a talented director, but no project ever gets made until a star's attached.

You simply can't make a movie without somebody to play the lead and having a star is going to help if you're looking for financing or distribution.

Case in point: World's Greatest Dad, which opened Friday in New York to a modest $10,300 and comes to California on Aug. 28. Written and directed by Bobcat Goldthwait, it's a thoughtful but outrageous comedy starring Robin Williams as a troubled high school poetry teacher and single parent.

After the accidental death of his insufferably nasty teenage son (Daryl Sabara from Spy Kids) he suddenly finds himself with the fame and fortune he's always craved. Only question: Can he live with knowing how it came about?

Although the role fits Williams like a glove, it wasn't written with him in mind. In fact, Goldthwait told me, he didn't even plan on asking him to read it.

"Robin and I are old friends and he really liked Sleeping Dogs Lie," he explained, referring to his 2006 drama that also screened at Sundance. "I really wasn't trying to hit him up to be in the movie."

So what happened? "I was at dinner with him and another friend and I was telling him the new story and he was like, 'Well, can I read it?'"

Moreover, Goldthwait added, "I really wouldn't have written the movie for Robin as a poetry teacher if I had him in mind because I think he covered that pretty well already in Dead Poets Society. So I was really shocked when he wanted to be in it."

On the other hand, poetry be dammed — this was such a good fit for these two friends. "I think the character is a little bit based on life lessons that Robin and I had to learn as adult men."

Williams (to Goldthwait about a week into production): "Oh, I get it. I'm playing you and me."

The payoff: "He said it's the most comfortable he's ever felt on a set, which I believe is true because he and I are friends. It wasn't like we would do a scene where you would go, 'Okay, we'll do one. And now we'll do one where you ad lib.' We would keep trying different things, but it was very collaborative."

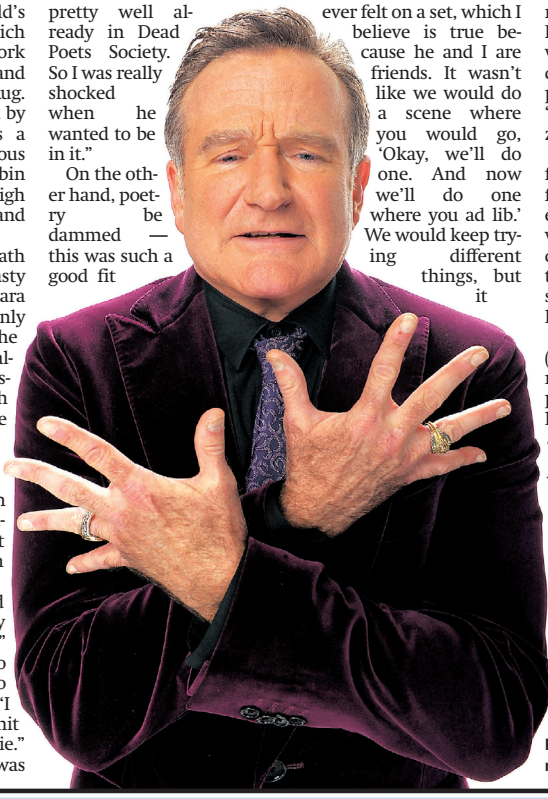
Goldthwait wrote Dad about two years ago. To write he just goes off to a hotel and works around the clock. "I wrote this one in about five days. My detractors would probably say I should spend another day or two on it!"

Attaching Williams definitely accelerated getting Dad made. He and Goldthwait wanted to be sure they did the film with "the right people" and avoided the "temptation to make it a zany comedy."

What they had in mind from the start was that the film "wasn't going to try to exploit Robin's name" and wouldn't be marketed as "a comedy with a very silly trailer. We wanted to make sure people kind of got the humour of it."

"It was the folks at Darko (Entertainment) who financed it," he said. A company founder, Richard Kelly, directed Donnie Darko and is a producer of Dad.

Magnolia Pictures got involved after seeing Dad at Sundance and here, too, Goldthwait found himself working with a friend: "Eamonn Bowles, who runs Magnolia, is actually an old friend of mine because he hangs out in a bar that my friend runs in New York. Eamonn's always been very supportive of what we're doing." REUTERS



Robin Williams star in the new movie World's Greatest Dad.

FLIGHT CENTRE Unbeatable
Hawai'i Air + 2 Nights + Cruise
$1929
NCL Pride Of America + taxes & fees $201
INCLUDES air to Honolulu, transfers, 2 nights Waikiki accom and 7-day cruise visiting Oahu, Maui, Hawaii's Big Island and Kauai. Travel Dec 3 - 12/ggv/aa.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex:Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline. Prices are accurate at time of publication, errors & omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST & fuel supplements & are approximate & subject to change. ggv=gogo, aa=american. Head office: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

Alt-rock to all country

Finger 11 axemen go twangy as Blackie Jackett Jr.

GRAHAM ROCKINGHAM
for Metro Canada

Strange things happen when you sit in a tour bus sharing a bottle of whiskey. Some people even start writing country music. Which is exactly what happened to James Black and Rick Jackett, the two guitarists of Finger 11.

Strange indeed since Finger 11 is the rock band from Burlington, Ont., with the worldwide hit Paralyzer. It's not what you'd call "twangy." Not in the least.

But this week, under the name Blackie Jackett Jr., the two are releasing a new country CD called Whiskey And Tears. Replete with jangling banjo and honky tonk grit — it's got a sound that's a lot closer to Johnny Cash than Finger 11.

Blackie Jackett Jr. happened accidentally, almost as a joke. In between concerts and studio sessions — usually with the help of a shared bottle or two — Black and Jackett would pass time making up hokey country tunes, seeing how many times they could work hurtin' or drinkin' into a song.

> **"We had no intention of releasing (the album), no intention of becoming a band."**
> Rick Jackett

But as they explored the maligned genre more, they began to appreciate the craft of songwriters like Townes Van Zandt, John Prine, the Merles (Travis and Haggard) and the Hanks (Snow and Williams).

Jackett and Black's songs got more serious, more heartfelt. They recorded as they wrote, letting the tapes roll in hotel rooms, home studios, at friendly get-togethers and, yes, even on the bus.

Jackett and Black's country routine was limited to band parties and quiet moments with friends. That changed a few months back, when a member of the Finger 11 management quietly passed the Blackie Jackett Jr. recordings to the band's record company.

Black and Jackett then got a call saying the label wanted to release it. They were shocked.

"We had no intention of releasing it, no intention of becoming a band," Jackett says. "For the longest of time, it was just sort of a secret."

To add weight to the music, they picked up a drummer and a bass player. Jackett even bought a six-string banjo.

They started looking for a female vocalist to counter Black's near baritone. Like everything else in this project, they found their backing vocalist while having a few drinks.

It was karaoke night at Hurricane's Roadhouse on Toronto's Bloor Street. A young woman took the microphone and sang a Dolly Parton tune.

Her name was Sandra D. Jackett and Black almost spit out their drinks, she was so good. She's been singing with them ever since.

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 28, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

MAPLE PICTURES metro

In brief

FILM Gus van Sant, who last directed Sean Penn to an Oscar in Milk, is in negotiations to shoot a project shepherded by new Twilight actress Bryce Howard. The logline for Restless is being kept under wraps, though the Columbia Pictures project described as contemporary and distinctive take on young love.

SHOW The Game is not over yet. Cable channel BET is in talks to order a new season of the comedy, a spinoff from the long-running Girlfriends. The CW cancelled Game in May after three seasons.

PILOT NBC has handed a pilot order to Rex Is Not Your Lawyer, a comedic drama about an attorney who suffers panic attacks and takes up coaching clients to represent themselves in court. The project was written by actor Andrew Leeds and novelist David Lampson. **REUTERS**

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/25/09	265	353	2	TVO	Canadian Waterways		Diamond Road		Lost in Austen		Stephen Fry in America		Diamond Road
	211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV)		(9:01) Big Brother 11		The Unit		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		America's Got Talent		America's Got Talent Ten contestants perform.				Comedy Now
	196	311	7	CTV	Hollywood	etalk	So You Think You Can Dance Canada (N)				Flashpoint		News
	208	303	8	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	America's Got Talent		America's Got Talent Ten contestants perform.				News
	117	713	10	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Las Vegas (SC)		TVA 22 heures	Sucré-salé	*Tais-toi! (2003)*
	-	-	11	QS	Catherine (SC)	3 x rien (SC)	Lipstick Jungle (SC)		Les Respectables (SC)		Piégé Zézé	À comm	Call TV
	137	763	12	TFO	Panorama été	Météo	Rebut global	Villages	*Moderato Cantabile* ★★ (1960, Drame)			Folie-aventure	Météo
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS (HDTV)		(9:01) Big Brother 11		The Mentalist (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		More to Love (N)		Make Me a Supermodel		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Inside Hollywood		X-Weighted		Ruby	Ruby	News/Eleven
	-	361	20	ABC	Action News	Entertainment	Shaq Vs. (HDTV)		Shaq Vs. (HDTV) (N)		Primetime: The Outsiders		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (PA) (N)		More to Love (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Parklands-Mid	Nova (DVS)		Nova scienceNOW (N)		P.O.V. "This Way Up" (N)		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	So You Think You Can Dance Canada (N)				Flashpoint		News
news	502	390	26	NW	CBC News	Mansbridge	The Hour Jimmy Carter.		CBC News: The National		*Everybody's Children*		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	The Pen	UEFA Champions League Soccer RSC Anderlecht vs. Olympique Lyonnais.					Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages L'or. (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Equalizer.		Poker		Score Tonight		Final Score
	411	457	56	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner "Cinderella"		The Cleaner
cable variety	628	584	32	SPKE	(6:09) *Star Wars: Episode II -- Attack of the Clones* (2002, Science Fiction)					(9:21) *Star Wars: Episode II -- Attack of the Clones* (2002)			
	521	560	34	TLC	Child Frozen in Time		Jon & Kate Plus 8		18 Kids-Count	18 Kids-Count	Masters of Reception (N)		18 Kids-Count
	145	761	35	TV5	Zoom animal		Sur les pas de Jules Verne Sur les traces des héros de Verne.				Expression	Montre-moi	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*The Unquiet* (2007, Suspense) Cara Buono, Chris Martin.				House
	620	523	40	BVO	Samba Squad		Live at the Rehearsal Hall		Bryan Ferry Dylanesque		At the Concert Hall (N)		Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Against the Elements (N)		After the Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	CMA Fest '08
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	B. Saget: Right
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Romeo Must Die* ★★ (2000, Action) Jet Li, Aaliyah, Isaiah Washington.				
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	16 and Pregnant		Daddy's Girls	House, Jazmin	MTV Live
	618	524	54	TROP	Power Play "The Finals"		Tube Tales	Tube Tales	Inside Hollywood		King	King	King
	522	506	55	HIS	NCIS "Recoil"		Lost Worlds "Palenque"		Zero Hour "Terror in Tokyo"		NCIS "Recoil"		Sea Hunters
	129	773	60	CD	Biographies "Hugh Grant"		Mayday (HDTV)		Images-chocs		Les Procureurs "Libérez-moi"		Cités
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	602	567	62	W	Style by Jury	Friends	Designer Move	Style by Jury	Style by Jury	Style by Jury	*In Her Mother's Footsteps* (2006, Suspense)		
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.

critics'corner

The Mentalist
All you need is a little mood lighting, soft music and a heaping glass of Courvoisier, right? With Patrick Jane's (Simon Baker) help, Cho (Tim Kang) goes under cover as a sweet-talking ladies man with all the right moves in order to catch a killer who has his own set of pseudomentalist techniques in "Crimson Cananova." Robin Tunney and Owain Yeoman also star. 10 PM on 13 CBS

Being Erica
Trick or treat, indeed. Erica's (Erin Karpluk) lifelong "frenemy," Katie (Sarah Gadon), scores a book deal with River Rock, straining their relationship further. Dr. Tom (Michael Riley) sends Erica back to 1993, when an unsanctioned Halloween party at Erica and Katie's workplace cost Katie her job and ruined their friendship. She's determined to not have the party this time, but you know what they say about messing with the past. 9 PM on 8 CBC

Flashpoint
Hold on tight for this episode, which finds the SRU trying to stop a sniper who's taking people out all over the city. This time it's personal in more ways than one, as Ed (Hugh Dillon) realizes that the sniper is the son of a man he killed. And a member of the team struggles for life after being caught in the gunman's fire. Enrico Colantoni and Amy Jo Johnson also star in "Between Heartbeats." 10 PM on 7 CTV, 104 CTV

Gwyneth and Chris making monster house

Gwyneth Paltrow and Chris Martin know how to deal with neighbours: Buy them out. The couple is hard at work combining their London townhouse with the adjoining property to create a massive, 33-room home, according to the Daily Mail. METRO WORLD NEWS

Celebrity Buzz

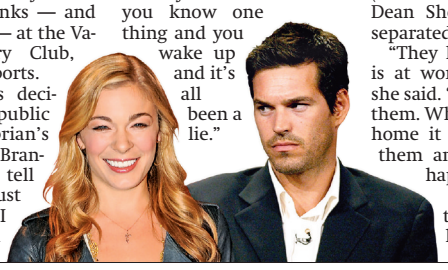
Eddie and LeAnn make public debut

OUT IN THE OPEN It's official: LeAnn Rimes and Eddie Cibrian are no longer hiding their relationship.

On Saturday night, the couple went to the Kings of Leon concert in Los Angeles, just two days after they hit the links — and openly flirted — at the Valencia Country Club, people.com reports.

The couple's decision to go public prompted Cibrian's estranged wife Brandi Glanville to tell People: "He's just somebody I don't know." In March, she had stood by her husband of eight years after allegations surfaced that Cibrian, 36, and Rimes, 26, were having affair.

"I don't understand," she says now. "You think you know one thing and you wake up and it's all been a lie."



Glanville, who is separated from the CSI: Miami star, says she is unable to completely explain to the couple's sons Mason, 6, and Jake, 2, what is going on between mom and dad. (Rimes and her husband, Dean Sheremet, are also separated.)

"They know that daddy is at work all the time," she said. "That's what I tell them. When he does come home it is surprising for them and they are very happy."

Glanville, on the other hand, has a different reaction: "I'm just like, 'You know what? You're not the man I married.'"

She adds that she has spoken with Rimes twice recently, and told her, "He's all yours."

Glanville says she has no plans to reconcile with Cibrian, and hopes to file divorce papers soon. "There is one side of him that I absolutely love and always will," she noted, "but that side of him is not the side I'm divorcing."

Neither Cibrian's nor Rimes' rep was available for comment.

METRO NEWS SERVICES

Heidi shows off her pipes

DOUBLE THREAT? Heidi Montag performed for the first time on Sunday's Miss Universe pageant. She sang Body Language while dancing around in a sequin bra and matching pants — but half the song was blocked while NBC introduced the 15 finalists.

"I think people don't know what to expect, and how can they? It's my first performance live and it's in front of a billion eyes. So I'm very excited to show everyone what I'm coming with," Montag said before performing.

TMZ.com reported that Montag would lip-synch because producers were nervous about her performance and feared she couldn't remember her lyrics. Montag, though, said she was unaware of the criticism and eager to perform.

"I'm very excited for everybody to see this," she said. "I think a lot of people are expecting something very different."

METRO NEWS SERVICES

Jackson kids heading to school?

GROWING UP The homeschooling days may be over for Michael Jackson's kids, TMZ.com reports.

The gossip website says is has learned Jackson's mother, Katherine, is "seriously considering" sending the children to an elite Los Angeles private school.

Family sources say she has been in talks with school reps to send Michael Jr., Paris, and Prince to the Buckley School — the same place Tito Jackson's three kids and several members of the Jackson clan attended.

METRO NEWS SERVICES

Kourtney eating healthy for two

RESPONSIBLE MAMA Nope, she isn't grabbing for the ice cream and pickles. Instead, Kourtney Kardashian is opting for healthier choices now that she's eating for two, people.com reports.

"I have more healthy cravings than my normal eating habits, like I crave fruit and cold things like smoothies," she said.

"I wasn't normally a breakfast person. (Now) I eat breakfast the second I get up and I'm definitely hungry all throughout the day."

Kardashian, who is due around Christmas, admits she's gained more than 10 pounds — but that's fine by her. "I like when you can see it," she said of her bump. "I, like, run around naked all day at home."

METRO NEWS SERVICES

Basterds best war flick ever: Brad

BRAGGART Brad Pitt thinks his latest movie, Quentin Tarantino's Inglourious Basterds, is the last word in Second World War movies.

"The Second World War could still deliver more stories and films, but I believe that Quentin put a cover on that pot. With Basterds, everything than can be said to this genre has been said," Pitt told German magazine Stern. "The film destroys every symbol. The work is done, end of story."

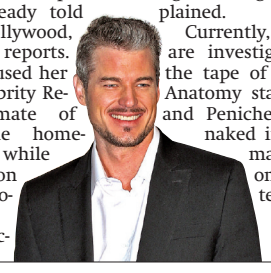
As for Tom Cruise's Valkyrie, about a Nazi plot to kill Hitler? "It was a ridiculous movie," he said.

METRO WORLD NEWS

Claws come out over sex tape

BLAME GAME Country singer Mindy McCready says she did not release the video of Eric Dane, Rebecca Gayheart and Kari Ann Peniche's nude antics, despite Peniche's assertions otherwise, popeater.com reports.

"I did not want to be dragged into all this. I did not want to be a part of this," McCready told Access Hollywood, WENN reports. Peniche accused her former Celebrity Rehab roommate of stealing the home-made movie while they were on the show together.



But, McCready is hitting back at the former beauty queen's allegations. "She is evil personified, she is evil in human form. She will hurt anyone she can to make money," the singer said.

Peniche has also denied releasing the footage. "If I was going to leak it, I would have done that a long time ago," she explained.

Currently, the police are investigating how the tape of the Grey's Anatomy star, his wife and Peniche frolicking naked in a Jacuzzi made its way onto the Internet.

METRO NEWS SERVICES

Contestant finally impresses Simon

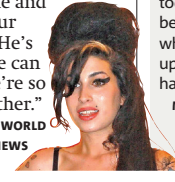
RARITY Simon Cowell is usually difficult to impress, but one contestant on U.K.'s The X Factor blew him away, popeater.com reports.

Cowell gave a standing ovation to Danyl Johnson's rendition of The Beatles' With a Little Help From My Friends. "That was single-handedly the best first audition I have ever heard," he said. METRO NEWS SERVICES

Ex Blake is still in my future: Amy

DESPERATE Amy Winehouse still wants to reunite with estranged husband Blake Fielder-Civil, according to the Daily Mirror.

Sources say the singer held up an ace of spades card at a private magic show and saying, "This one is for me and Blake. It's our lucky card. He's my man. We can make it. We're so strong together."

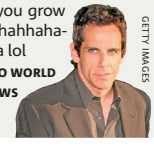


METRO WORLD NEWS

Celebrity tweets

Ben Stiller bonds with his kid through Hannah Montana, Denise Richards gets a self-tanning scare from her children and Spencer Pratt dishes out inspiring words for all the students out there.

- @RedHourBen Just watched Hannah Montana with my 7 yr. old. We had wildly divergent experiences of the movie.
- @DENISE_RICHARDS OMG my daughters came running in my room covered in what they said was self tanner, thank God it was body make up!!!
- @spencerpratt Everyone who started school again today study hard so you can be like Spencer Pratt when you grow up hahahhahahahaha lol



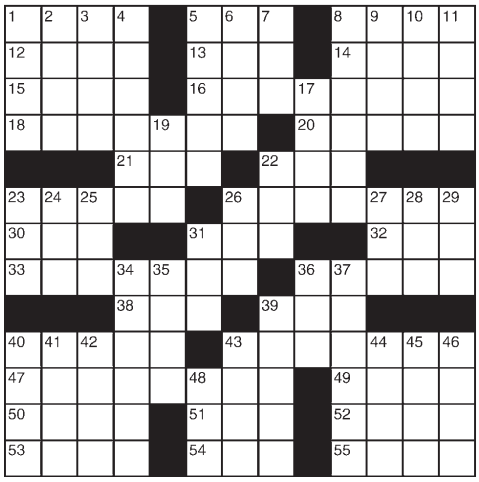
GETTY IMAGES

METRO WORLD NEWS

The Weather Network ©The Weather Network 2009
Today Mainly sunny 26° / 15°
Wednesday Variable 24° / 10°
Thursday Sunny 18° / 8°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



1 Dictionary entry
5 Old bird of New Zealand
8 Request when playing Red Light
12 Burn soother
13 Quiche ingredient
14 Works with
15 Brothers and sisters
16 Late newsman Walter
18 Travellers' lodging
20 Title role for Michael Caine or Jude Law
21 Reproductive cells
22 Actress Joanne
23 Ill-humoured
26 Pilot's chamber
30 Annoy
31 Tend the lawn
32 Greek vowel
33 Jiminy, e.g.
36 Raise a glass to
38 Coop occupant
39 Fedora or derby
40 Less friendly
43 Hypodermic device
47 Sidewalk material
49 Partially mine
50 Trans-Siberian Railroad city
51 Sister
52 Error
53 Trawler gear
54 Modern-day evidence
55 Ticklish Muppet

DOWN

1 Cleanse
2 Hodgepodge
3 Filches
4 Tyrant
5 Home away from home
6 Fairy tale baddie
7 Past
8 Inuit boot
9 "Yeah, right!"
10 Abominable Snowman
11 "Understood"
17 DEA agent
19 Wall climber
22 Part of DJIA
23 First X or O?
24 Blunder
25 Tackle moguls
26 Barracks bed
27 Shell game item
28 "— Impossible"
29 Make lace
31 Chaps
34 Verifies
35 Actress Deborah
36 Pitch
37 Idle
39 Zoo howler
40 PC picture
41 Arrive
42 "Meet Me — Louis"
43 Dazzle
44 Void partner
45 Bleak
46 Hockey legend Phil, to fans
48 Conclusion

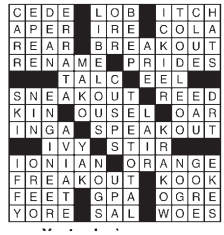
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		1		5			8
				8		9		5
				2		7	3	
	2						7	3
			9		8			
5	8						1	
	5	7		4				
1		9		6				
4			3		7		5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	6	2	5	3	7	9	8	1
9	5	8	4	1	6	7	2	3
1	7	3	2	8	9	5	4	6
2	9	7	3	6	8	4	1	5
8	3	1	9	4	5	6	7	2
5	4	6	7	2	1	8	3	9
3	2	9	8	5	4	1	6	7
7	1	4	6	9	3	2	5	8
6	8	5	1	7	2	3	9	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Lemon Turkey with Couscous Stuffing

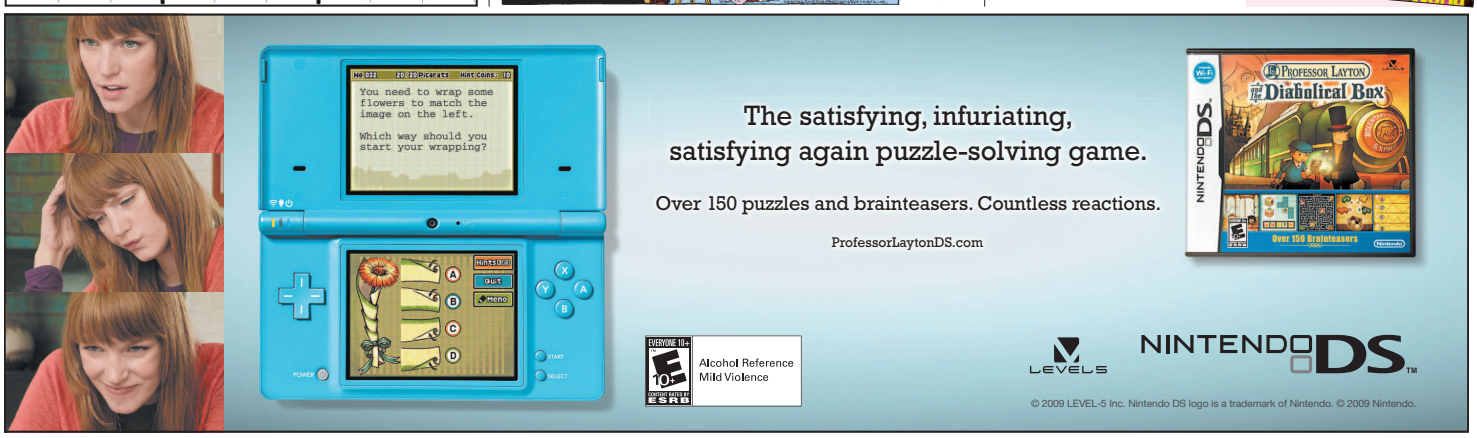
INGREDIENTS:
1 bone-in turkey breast (4 to 4 1/2 lbs/1.8 to 2 kg)
2 tsp (10 ml) olive oil
1 tsp (5 ml) lemon juice
1 garlic clove, minced
1/2 tsp (2 ml) grated lemon peel
1/4 tsp (1 ml) salt
1/8 tsp (0.5 ml) pepper

STUFFING:
1 1/2 cups (375 ml) boiling water
1 cup (250 ml) uncooked couscous
1 medium carrot, shredded
1/2 cup (125 ml) raisins
1/3 cup chicken broth
1/4 cup (50 ml) slivered almonds, toasted
2 tbsp (25 ml) minced fresh parsley

METHOD:
1. Carefully loosen turkey skin, leaving attached at back. Combine oil, lemon juice, garlic, lemon peel, salt and pepper; spread under turkey skin. Place turkey to one side in shallow roasting pan coated with nonstick cooking spray.
2. For stuffing, in bowl, pour boiling water over couscous. Cover and let stand 5 minutes or until water is absorbed. Add remaining ingredients; toss to combine. Spoon stuffing into other side of pan, shaping into 8-in. x 5-in. x 2-in. (20-cm x 13-cm x 5-cm) mound. Cover pan; bake at 325 F (160 C) 45 minutes.
3. Uncover turkey; leave stuffing covered. Bake 40-50 minutes longer or until meat thermometer reads 170 F (77 C). Cover turkey with foil and let stand 15 minutes before slicing. Serve with stuffing.

SERVES 8

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Not everyone is as robust as you, so don't be surprised if someone reacts harshly to what you tell them.

TAURUS ♉
APRIL 21-MAY 21
You may be tempted to stick with what you know, but an adventurous approach will work wonders.

GEMINI ♊
MAY 22-JUNE 21
Something is going out of your life and you have regrets. But don't dwell on them. New opportunities are coming to you.

CANCER ♋
JUNE 22-JULY 22
You'll look back on today as a turning point in your life. You'll have the energy to reach out for those lofty objectives.

LEO ♌
JULY 23-AUG 23
It doesn't matter how open and straightforward you may be, the information you have is too dangerous to tell others about.

VIRGO ♍
AUG 24-SEPT 22
It's not like you to be impatient but you've had your fill of playing games just to please others. Friends can be changed.

LIBRA ♎
SEPT 23-OCT 23
Today's cosmic setup means that you know what you want — and one way or another, you will get it.

SCORPIO ♏
OCT 24-NOV 22
The entry of Mars into the most adventurous area of your chart makes a great time of year for getting things done.

SAGITTARIUS ♐
NOV 23-DEC 21
Cosmic activity in one of the more secretive areas of your chart urges you to be careful about what you reveal.

CAPRICORN ♑
DEC 22-JAN 20
Get serious about a relationship or end it. The other person wants more than a friendship, but what do you want?

AQUARIUS ♒
JAN 21-FEB 18
Are you using your energy wisely? If certain tasks are tiring you more than you expected you are doing too much.

PISCES ♓
FEB 19-MARCH 20
You may be impatient to get started on all those projects you've got lined up but for best results you must be selective.

AIR CANADA VACATIONS

Quick getaways from $527

DEALS to EUROPE

London
Hotel Ibis London
Earls Court • 3★
Breakfast • Standard rm.
Oct. 15, 16, 18, 21, 22 & 29
3 nts.
$527
Taxes & fees: $402

Paris via Toronto / Montreal
All Seasons
Paris Gare Est. • 3★
Breakfast • Standard rm.
Oct. 1, 4, 7, 15, 16, 23 & 29
3 nts.
$547
Taxes & fees: $324

DEALS of the WEEK

Punta Cana via Toronto
Occidental Grand
Punta Cana • 4★
All-Inclusive • Junior suite
Sept. 5 - 26 • 1 wk.
Upgrade to the Royal Club luxury room for only $229 per person.
$499
Taxes & fees: $323

Jamaica via Toronto
Sunset Beach
Resort & Spa • 3 1/2★
All-Inclusive • Resort view rm.
Sept. 5, 6 & 10 - 30 • 1 wk.
$699
Taxes & fees: $273
Please add $50 for Sat. & Sun. departures.

A FREE
Disney quick-service dining plan
when you book the following 5-night / 5-day package including accommodations and theme park tickets; plus roundtrip airfare.*

Orlando via Toronto
Disney's Pop
Century Resort • 3★
Special offer standard rm.
Nov. 5, 11 & 12
5 nts.
$999
Taxes & fees: $140

Samana via Toronto
Gran Bahia Principe
El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 6 - 27 • 1 wk.
$539
Taxes & fees: $323.

Cancun / Riviera Maya
Occidental
Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Dec. 19 • 1 wk.
$1429
Taxes & fees: $258

Varadero via Toronto
Sirenis La Salina
Varadero • 4★
All-Inclusive • Standard rm.
Sept. 6 - 27 • 1 wk.
$599
Taxes & fees: $229
Departure tax: 25 CUC cash, paid locally.

Los Cabos via Toronto
Crowne Plaza Los Cabos
Grand Faro • 4 1/2★
All-Inclusive
Deluxe oceanview rm.
Dec. 19 • 1 wk.
$1429
Taxes & fees: $285

DEALS on CRUISES

Royal Caribbean International[1]
Liberty of the Seas®
Eastern Caribbean
Flights to Miami via Toronto
All meals included
Interior stateroom cat. L
Sept. 26 • 1 wk.
$1199
Taxes & fees: $202

Explorer of the Seas®
Eastern Caribbean cruise
Flights to New York via Montreal
All meals included
Promenade stateroom cat. PR
Nov. 21 • 8 nts.
$1299
Taxes & fees: $222

Earn up to 7,600 Aeroplan® Miles per member†

Executive Class® service from only $299 extra[2]

aeroplan

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Aug. 25 & 29/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Paris via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ * Excludes gratuities, alcoholic beverages and children ages 3-9 must choose from the children's menu, if available. Advance reservations required. No groups rate or other discounts apply. Tickets are for one Theme Park per day and must be used within 14 days of first use. Everyone on the room must be on the same package and ticket options. Please note that you Disney dining plan and theme park tickets are loaded onto you room key-card, which you will receive at check-in. [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

tico ca